

INTRODUCTION TO THE NSLP AND SBP CREDITING GUIDE

The goal of the USDA National School Lunch Program (NSLP) and School Breakfast Program (SBP) is to improve the health and nutrition of our Nations' children. These Programs also promote good eating habits and provide nutrition education.

Schools participating in the NSLP and SBP receive reimbursement for meals they serve to children. USDA rules and guidelines explain which food components and what quantities must be offered and served in order for a meal to be reimbursable. In order for a food item, as part of a food component, to receive "credit" toward meeting USDA requirements, it must first meet a series of standards. There are many resources to determine the contribution a food item makes toward meeting the standards, although the Food Buying Guide (PA-1331) is the principal tool. In this SERO Guide, we have compiled the resources for you in an easy to use format. (We have also noted useful websites.) This is what you will find:

- * Rules - we have included a listing of regulatory citations for NSLP and SBP that contain the basic menu pattern and information pertaining to meal service. This is followed by a list of Food and Nutrition Service (FNS) Instructions, which provide further guidance on specific aspects of the menu pattern such as Special Needs and Grain/Bread. Each of the above sections contain brief summaries of appropriate information, but the actual document must be read for complete details.
- * Program aids and publications that are valuable resources.
- * Definitions of some basic terms used throughout the Guide.
- * Menu Planning Alternatives – brief summaries of the four options including nutrient-based and food-based plans.
- * Components –this part of the SERO Crediting Guide is divided into sections that correspond to the food components such as milk and fruit/vegetable. Within each section we have given an overview of the general requirements of that component, a table that lists specific food items that can be used or "credited" in a reimbursable meal, and a question and answer section that addresses some of the more puzzling situations.

* A Word About.... – related Programs such as After School Care and related issues such as Infant Feeding and competitive foods.

* Section on Labeling and Manufacturer's Fact Sheets.

USDA NSLP AND SBP REGULATIONS AND APPENDICES

7 CFR SECTIONS 210.10, 210.10a, 220.8, 220.8a

MEAL PATTERNS - Descriptions of required meal components and minimum quantities

MEAL EXCEPTIONS - Substitutions are allowed for students with medical or dietary needs; variations in meals allow schools to meet ethnic, religious or economic needs.

7 CFR SECTIONS 210.11 AND 220.12

COMPETITIVE FOODS - State agencies and school food authorities are responsible for controlling foods sold in competition with school meals (Foods of minimal nutritional value is a category under the heading of competitive foods.)

7 CFR PART 210, APPENDIX A , FORTIFIED FOODS

ENRICHED MACARONI PRODUCTS - Enriched with fortified protein; can be used to meet no more than half of meat/ meat alternate requirement when served with one or more ounces of cooked meat, poultry, fish or cheese; use only macaroni products on USDA approved list.

VEGETABLE PROTEIN PRODUCTS (VPP) - Prepared from vegetable sources such as soybeans, peanuts, wheat or corn; must resemble and substitute for meat, poultry or seafood and must be prepared in combination with these foods; VPP may not exceed 30 parts to 70 parts uncooked meat, by weight.

7 CFR PART 220, APPENDIX A

FORMULATED GRAIN-FRUIT PRODUCTS - Composed of at least 25 percent grain, by weight; may be used to meet one bread/bread alternate and the fruit/vegetable requirement of the SBP meal pattern; item(s) must be individually wrapped and labeled, and appear on the list of USDA acceptable products.

7 CFR PART 210, APPENDIX B, 220, APPENDIX B

FOODS OF MINIMAL NUTRITIONAL VALUE - (information also in Section 210.11) - Identified as foods providing less than 5 percent of the USRDA of any of eight specified nutrients per 100 calories; sales prohibited during meal service; list of specific items appears in Appendix B.

7 CFR PART 210, APPENDIX C, 220, APPENDIX C

CHILD NUTRITION (CN) LABEL PROGRAM - Covers three types of products: juice drinks, juice drink products and foods that contribute to the meat/meat alternate component; USDA warrants the information on the label regarding the contribution a serving of the product makes to NSLP/SBP.

FNS INSTRUCTIONS

FNS 783-1 GRAINS/BREADS REQUIREMENT - CHILD NUTRITION PROGRAMS (Revision 2, 1/97)

Bread and bread alternate products include food items such as breads, grains (cereal, rice, grits), noodles, and cookies. Breads/grains must be made from either whole grain, fortified or enriched flour or be whole grain. The enrichment must meet FDA standards. Methods of determining minimum weights of a serving are described. (E.g., a serving must contain at least a total of 14.75 grams of grains). Under the Enhanced Food-based menu option, certain grain/bread desserts may count toward a serving of grain/bread. Exhibit A lists groups of foods and the serving sizes required.

FNS 783-2 MEAL SUBSTITUTIONS FOR MEDICAL OR SPECIAL DIETARY REASONS (Revision 2, 10/94)

For the handicapped child, substitutions shall be provided when supported by a statement signed by a licensed physician; this statement shall identify the handicapping condition, the dietary restrictions and foods to be omitted and appropriate substitutions. For the non-handicapped child with special dietary needs, substitutions may be made at the discretion of the school; a statement from a recognized medical authority must identify the condition and the foods to be omitted and appropriate substitutions.

FNS 783-6 GUIDELINES FOR THE AMOUNTS AND USE OF NONFAT DRY MILK AND CANNED EVAPORATED MILK WHICH ARE EQUIVALENT TO ONE-HALF PINT OF FLUID WHOLE MILK (3/72)

These milk substitutions can be used only in exceptional cases in schools that have been approved for the service of lunch without milk.

FNS 783-7 MILK REQUIREMENTS - CHILD NUTRITION PROGRAMS (Revision 1, 1/95)

Any pasteurized type of fluid milk flavored or unflavored, whole, lowfat, skim or cultured buttermilk - may be used in school meals as long as it meets State milk standards, and contains FDA specified levels of Vitamins A and D; other milk products such as milkshakes, Ultra High Temperature (UHT) milk, acidified milk, cultured milk or lactose reduced milk may be served if

they meet State milk standards. Contact State Department of Agriculture, Department of Health or Milk Commissioner for standards. Additionally, breast milk may be served to children who are breastfeeding; it should be properly identified, stored and handled.

FNS 783-11 JUICE AND JUICE DRINKS - CHILD NUTRITION PROGRAMS (Revision 1, 8/95)

Full strength fruit or vegetable juice may be used if it meets the following conditions:

Full strength (100 percent) juice either fresh, canned, frozen or reconstituted; juice drinks containing no less than 50 percent full-strength juice; concentrates reconstituted on a 1 to 3 ratio; (examine labels to determine percent of juice or ratio of reconstitution).

For lunch, juice meets no more than half the fruit/vegetable requirement

For snack, serve either juice or milk not both

For breakfast and lunch, juice must be full-strength.

FNS 783-13 VARIATIONS IN MEAL REQUIREMENTS FOR RELIGIOUS REASONS JEWISH SCHOOLS AND INSTITUTIONS (Revision 2, 12/92)

Variations in food items or menus may be approved if they are nutritionally sound and are necessary to meet ethnic, religious, economic or physical needs. For example, to meet Jewish dietary laws, juice may be substituted for milk, or unenriched bread may be served during special observances. Breakfast meals must include milk. Exemptions should be approved by the State agency.

FNS 783-14 VARIATIONS IN MEAL REQUIREMENTS FOR RELIGIOUS REASONS SEVENTH-DAY ADVENTIST SCHOOLS AND INSTITUTIONS (Revision 1, 4/92)

Variations in food items or menus may be approved if they are nutritionally sound and are necessary to meet ethnic, religious, economic or physical needs. The use of meat analogues (food items resembling meat, poultry or fish in appearance, texture, flavor and nutrition; made from 100 percent soy and/or wheat) is allowed in Seventh-day Adventist schools and institutions. A list of products typically used in these schools is attached to the instruction.

PROGRAM AIDS AND PUBLICATIONS

FOOD BUYING GUIDE (PA -1331)

The purpose of the Food Buying Guide (FBG) is to help ensure that meals served under NSLP and SBP meet program requirements. It is the principal tool to determine the contribution foods make toward the meal requirements whether foods are produced onsite, are available as USDA donated foods or purchased commercially. A food item is creditable under USDA standards, 1) if it is listed in the FBG, and; 2) if it is used in the same manner as described. Also, information provided at the beginning of each of the Sections, gives additional background for the component presented in that Section. Please note that Section 5 contains food items that do not meet the requirements for any components in the meal pattern; they are included for ease in planning since many of the items are condiments or seasonings. (1990)

QUANTITY RECIPES FOR SCHOOL FOOD SERVICE (PA - 1371)

Quantity Recipes are a set of numbered recipes developed by USDA for use in NSLP and SBP. The recipes included are "standardized", which means that they have been tested for consistent quality and yield. A standardized recipe is necessary in order to prepare a menu item of consistent quality, portion size and nutritive value. Each recipe provides a list of measured ingredients and a set of directions for preparation and service. If a menu item is prepared using the quantities and method described in the recipe, the product will meet USDA meal requirements for the component(s) noted in the recipe. (1988)

HEALTHY SCHOOL MEALS TRAINING

This is a trainers guide developed to assist schools in implementing the School Meals Initiative for Healthy Children. It contains details about the Dietary Guidelines and the Recommended Daily Allowances as well as the menu planning alternatives. (1995)

A TOOL KIT FOR HEALTHY SCHOOL MEALS

This notebook contains additional standardized recipes for NSLP and SBP that have been modified to meet the standards of the Dietary Guidelines. Ingredients and preparation times have been simplified. (1996)

A MENU PLANNER FOR HEALTHY SCHOOL MEALS - FNS-303

The Planner contains information on the nutrition goals established by the School Meals Initiative, and how to plan meals with the goals in mind. It also explains the differences between the alternative menu planning systems. (1998)

Additional information about USDA publications may be found at <http://www.nal.usda.gov> or <http://www.schoolmeals.nal.usda.gov>

DEFINITIONS AND/OR EXPLANATIONS

1. Creditable Foods are those foods that may be counted toward meeting the meal pattern requirements for a reimbursable meal. Foods are determined to be creditable based upon the following factors: (1) nutrient content; (2) compliance with regulations governing the Child Nutrition Programs (in quantity requirements and/or by definition); (3) compliance with FDA's Standards of Identity; (4) (if they are meat or meat products) compliance with USDA's standards for meat and meat products; and (5) compliance with administrative policy decisions on the crediting of popular foods.

Non-Creditable Foods are those foods that do not count toward meeting meal pattern requirements because they do not meet the above criteria. Nevertheless, non-creditable foods often may supply additional nutrients and calories that help meet the energy and nutritional needs of participants. For example, ice cream is not creditable, but it can contribute additional calories, it can improve the acceptability of a meal, and it satisfies the appetite.

2. Child Nutrition (CN) Label - The CN Label is a voluntary Federal labeling program for the Child Nutrition programs that provides a crediting/auditing warranty for CN labeled products, and allows manufacturers to state a product's contribution to the meal pattern requirements on their labels.

3. Child Nutrition Programs - Programs funded by the United States Department of Agriculture which include: the Child and Adult Care Food Program; the National School Lunch Program; the School Breakfast Program; the Nutrition Education and Training Program; the Special Milk Program; and the Summer Food Service Program.

4. Combination Foods - A single serving of a food item that contains two or more of the required meals components. For more information on crediting combination foods.

5. Component - A food grouped in a certain category according to the meal pattern. These categories are the milk component, meat/meat alternate component, fruit/vegetable component and the grain/bread component.

6. Fish - Self caught fish are not creditable. Self caught fish can be a safety hazard because of the danger of pollution and contamination.

7. Game - Venison, Squirrel, Rabbit, etc. For safety reasons, game is not creditable unless it is inspected and approved by the appropriate State or Federal agency.

8. Home Canned Foods - Again, for safety reasons, home canned foods are not allowed in reimbursed meals. Clostridium botulism is dangerous and can produce a deadly toxin in canned food. This poison can be present even when there is no evidence of spoilage.

9. Honey - A sweetener that must not be given or used in foods for infants under one year of age because it may contain botulism spores.

10. Medical Exceptions to the standard meal pattern for participants who are considered to be disabled under 7CFR Part 15b, must be supported by a medical statement from a recognized medical authority. Substitutions for other participants who are not disabled but are unable to consume regular program meals because of medical or other special dietary needs, will also require a statement. The statement must be signed by a licensed physician if the allergy or condition is severe and life threatening. The medical statement should specify the food or foods to be omitted from the child or adult's diet and specify a choice of foods that may be substituted. Refer to FNS Instruction 783-2, Rev. 2 (October 14, 1994). More details about this provision may be obtained from your State agency or Regional Office.

11. Product Formulation Sheet - (sometimes called a manufacturer's fact sheet or product fact sheet) is an information sheet obtained from the manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient by weight. We strongly recommend that it contain the original signature of the company official, not that of a sales representative who may or may not have the necessary technical background.

12. Reimbursement - is money received from USDA for serving creditable meals and snacks to eligible participants.

13. Serving Size or Portion - is described by the weight, measure, or number of pieces, or slices. The serving size specified in the meal patterns can be credited toward meeting the meal pattern requirements.

14. Standards of Identity - are government standards for the contents, preparation, and labeling of food before it is manufactured and sold in commerce. Standards of Identity set specific and optional ingredients that a food must contain when a product is to be labeled or identified by that product name. Standards for meat products are developed by the Department of Agriculture and for other food products by the U.S. Food and Drug Administration (FDA). For more details and the latest information on the status of any of these standards contact the FNS Regional office and/or the State agency.

15. Vegetable Protein Products (VPP) - are food components that may be used to substitute in part for meat, poultry, or seafood. These products must conform with the requirements for Alternative Foods for Meals, Appendix A, 7 CFR, Part 210. Hydrated VPP may not exceed 30 parts by weight to 70 parts per weight of uncooked meat, poultry, or seafood. A vegetable protein product is an alternate food that may be used to meet part of the meat/meat alternate requirements of the meal patterns for the Child Nutrition programs. However, before using these products and claiming the meals for reimbursement, contact the FNS Regional office and/or the State agency.

16. School Meals Initiative for Healthy Children – an integrated, comprehensive plan for promoting the health of school children by updating the nutrition standards for school meals and by providing State agencies and local food service operators with technical assistance and tools to meet these standards. The plan incorporates the Dietary Guidelines into Program rules; establishes meal planning options as a method to meet the standards; and sets specific minimum standards for key nutrients and calories.

17. State and local health standards - Each State legislature has enacted standards that define fluid milk and related products in that State. For a copy of these standards, contact your State Health or Agriculture Department.

MENU PLANNING ALTERNATIVES

In 1996 Congress amended NSLP law to ensure that school meals would be consistent with the Dietary Guidelines for Americans. They also required that school meals provide a portion of the Recommended Dietary Allowances (RDA's) on average, over a week. To help schools meet the Congressional mandates, USDA/FNS offer a number of different menu planning approaches. The menu plan options are either nutrient-based or food based. These actions make up what is known as the School Meals Initiative for Healthy Children (SMI). The menu options are:

The Traditional or Enhanced Food Based Menu Plan requires specific food group components in specific amounts. The Traditional plan is the one schools have been using since the NSLP was established. The Enhanced version requires additional servings of fruits/vegetables and grain/bread products.

The Nutrient Standard Menu Plan (NSMP) takes a nutrient-based approach to menu planning. Instead of working with specific food groups in specific amounts, this plan works with menu items. A school must perform an analysis of nutrients to determine that the goals are being met.

Look for special notes throughout this Guide that indicate whether a food item is creditable under a specific menu option or a specific meal type. For the most part, crediting standards do not apply to the NSMP.



The area of nutrition is always changing; providing us with daily challenges. New products and preparation methods stretch our imagination. We couldn't possibly make the SERO Guide all-inclusive, so the list of items includes only those foods about which crediting inquiries are made, or crediting mistakes are made. Product names are used solely for clarity; not as an endorsement from USDA. If there are still questions about certain food items, contact the School Programs Section in Atlanta.



MILK

General Requirements

NSLP regulations require that in order to be eligible for cash reimbursement, each breakfast or lunch must include fluid milk.

Milk means pasteurized fluid types of unflavored or flavored whole milk, low fat milk, skim milk, or cultured buttermilk which meet State and local standards. All milk should contain Vitamins A and D at levels specified by the Food and Drug Administration and be consistent with State and local standards for such milk.

The Food and Drug Administration has issued new names for the various milks to make it easier to identify low fat and fat free milks. As of January 1998, these new terms appear on all labels. For your convenience, we have listed both the previous name and the current name below:

chart

Previous Name	Current Name
Skim or Nonfat milk	Fat Free milk
1% Lowfat milk	1% Lowfat or Light milk
2% Lowfat milk	2% Reduced Fat milk
Whole milk	Whole milk

The breakfast meal pattern requires that a serving of fluid milk be served as a beverage or used on cereal, or used in part for each purpose. Lunch must contain a serving of fluid milk as a beverage. Refer to the NSLP meal pattern for the quantity requirements by age. If milk is one of the two components served for a snack, it must be fluid milk served as a beverage or used on cereal, or used in part for each purpose. For children, milk may not be credited for snacks when juice is served as the other component. Milk is not credited when used in cooking for such foods as cooked cereals, custards, puddings, or other foods.

Breast milk is creditable under certain circumstances. Refer to the NSLP Regulations, Section 210.10.

MILK (chart)

Food	Creditable yes	no	Comments
Types of Milk:			
Milk, fluid (unflavored or flavored)	x		The milk served as part of any meal or snack for the purpose of reimbursement must be fluid milk.
Acidified Milk, Acidified, Kefir Milk	x		Acidified milk is a fluid milk produced by souring fluid whole, low fat or skim milk with an acidifying agent. Examples of acidified milk are "acidified, kefir milk and acidified, acidophilus milk".
Buttermilk	x		
Certified Raw Milk		x	Regulations require the use of pasteurized milk.
Chocolate Milk (cold)	x		Chocolate milk is creditable if it meets State and local standards for milk.
Cultured Milk, Cultured, Kefir Milk	x		Cultured milk is a fluid milk produced by adding selected microorganisms to fluid whole, low fat, or skim milk under controlled conditions to produce a product with a specific flavor and/or consistency. Examples of cultured milk are cultured buttermilk, cultured kefir milk and cultured acidophilus milk.
Filled Milk		x	It is not a fluid milk. Vegetable fat such as coconut milk has been substituted for butterfat.
Goats Milk	x		It must be pasteurized and meet State and local standards. Not recommended for young infants.
Imitation Milk		x	It does not meet the definition of milk. Calcium levels are below minimum.
Lactose Reduced Milk	x		Lactose reduced milk is a fluid milk modified by the addition of lactase enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Children who can not digest the lactose in milk may benefit from the use of lactose reduced milk. A medical statement must be on file for the person using lactose reduced milk.
Lowfat Milk/Light Milk or Reduced Fat Milks	x		Lowfat milk is not recommended for children under two years of age.
Skim Milk-Non/Fat Free Milk	x		Skim milk is not recommended for children under two years of age.
Soy Beverages/Drinks		x	Soy drinks and beverages are not fortified and do not contain Calcium, Niacin, or Vitamins D, E, or C.
Soy or Soybean Milk, Fortified	x		Soybean milk may be used as a substitute because of medical or other special dietary needs. The use of this product for medical reasons must be supported by a statement from a recognized medical authority that includes recommended alternate foods.
UHT (Ultra High Temperature) Milk	x		UHT is a Grade A pasteurized milk that has been heated to about 280°F for a few seconds then cooled and packaged. It can be stored without refrigeration until opened.
Whole Milk	x		Not recommended for children under one year of age.

MILK (chart 2)

Food	Creditable yes	no	Comments
Milk Products:			
Chocolate (hot)	x		Hot chocolate must be made with fluid milk; only the fluid milk portion is creditable.
Cocoa	x		Cocoa must be made with fluid milk; only the fluid milk portion is creditable. Cocoa made with powder mixes and hot water is not creditable as a milk item.
Cheese		x	It does not meet the definition of milk. Look for cheese items under the meat/meat alternate section.
Cream		x	Cream does not meet the definition of milk.
Cream Sauces		x	Cream sauces do not meet the definition of milk.
Cream Soups		x	Cream soups do not meet the definition of milk.
Custard		x	Custard does not meet the definition of milk.
Eggnog, Commercial	x		For commercial eggnog, only the fluid milk portion is creditable.
Eggnog, Homemade		x	Homemade eggnog requires the use of raw eggs which can present a health hazard.
Evaporated Milk		x	Evaporated milk does not meet the definition of milk.
Half and Half		x	Half and Half does not meet the definition of milk.
Ice Cream		x	Ice cream does not meet the definition of milk.
Ice Milk		x	Ice milk does not meet the definition of milk.
Imitation Milk		x	Imitation milk does not meet the definition of milk.
Milkshakes	x		Milkshakes may be used to meet the milk component of lunches and supplements (snacks), if those milkshakes contain the minimum quantity of fluid milk per serving appropriate for the age group being served. Refer to FNS Instruction 783-7, Rev. - 1.
Pudding		x	Pudding does not meet the definition of milk.
Pudding Pops		x	Pudding pops do not meet the definition of milk.
Reconstituted, Dry Milk (Powdered)		x	See Section 210.10 concerning the availability of fluid milk.
Rice Milk		x	Rice milk does not meet the definition of milk.
Sherbet/Sorbet		x	Sherbet does not meet the definition of milk.
Sour Cream		x	Sour cream does not meet the definition of milk.
Yogurt Frozen yogurt		x	Yogurt does not meet the definition of milk. Please refer to the crediting of yogurt under the meat/meat alternate component section.

Questions and Answers about Milk

1. Q: Why is reconstituted dry milk (powdered, dry milk) not creditable as fluid milk?

A: Reconstituted milk is not included in the definition of milk in the Program regulations. It is not possible to ensure that the quantities of dry milk and water used are adequate to provide the nutritional equivalent of fluid milk. Reconstituted milk may be used in an emergency situation where the availability of fluid milk has been affected. This provision is discussed in Part 210.10, and permits dry milk to be used on an ongoing basis but only when the school is unable to obtain a supply of fluid milk on a continuing basis. In either of these situations contact the Regional Office or the State agency as applicable, for guidance prior to taking action.

2. Q: Can reconstituted powdered milk be served to children on camping trips or field trips?

A: No. Fluid milk must be served if the meal is claimed for reimbursement.

3. Q: If a child cannot have milk, can I still be reimbursed for breakfast and lunch?

A: Yes, If you obtain a written medical statement from a recognized medical authority that states that the child should not be served milk. The statement also must specify specific substitute food(s).

4. Q: Can the milk used in the preparation of products such as puddings, cream sauces, and ice cream count toward the milk requirement?

A: No, for children, the milk served must be served as a beverage and/or poured over cereal at breakfast or snack in order to be credited toward the milk requirement.

5. Q: Can milk be purchased directly from a farm?

A: Yes, as long as it is pasteurized, fluid milk that meets State and local health standards. Also, it must include Vitamins A and D at levels consistent with State and local standards.

6. Q. Can milkshakes be served to meet the milk requirement?

A: Yes, milkshakes served as a part of a reimbursable snack or lunch must contain a serving of milk. Only the milk portion of the milkshake is creditable.

7. Q: Can commercial milk shakes be served to meet the milk requirement?

A: This provision has been updated in FNS Instruction 783-7 Revision 1, (issued January, 24, 1995). This instruction permits the use of commercial milk shake mixes, if State and local officials define the mix as fluid milk in the geographic area where the mix is to be served. Since milk shakes tend to be filling, be aware that young children either may not be able to consume sufficient quantities of milkshakes or alternately, may leave other portions of the meal not consumed. This nutritional consideration should be a factor in your decision whether to serve milkshakes and under which circumstances.

MEAT/MEAT ALTERNATES

General Requirements

NSLP regulations require that a lunch must contain the required serving amount of meat or meat/alternate specified in the meal pattern. A serving of meat or meat/alternate may be used as one of the two components of a snack. When a meat meat/alternate is served as one of the two required components of a reimbursable snack, the amount specified in the snack pattern must be served. The breakfast meal pattern requires two servings of meat/meat alternate or one serving of meat/meat alternate and one serving of bread.

A menu item must provide a minimum of $\frac{1}{4}$ of an appropriate serving of cooked, lean meat without bone, or it's equivalent, to be counted toward meeting any part of the meat or meat/alternate requirement. (For example, if the appropriate serving size is 2 ounces, the minimum serving is .5 or $\frac{1}{2}$ ounce.)

Meat and meat/alternates include lean meat, poultry, fish, cheese, an egg; yogurt, cooked dry beans or peas; nuts and seeds and their butters (except for acorn, chestnut and coconut); or an equivalent quantity of any combination of these foods. When cooked, dried beans or peas are counted as a meat alternative, they may not also be credited as a vegetable in the same meal.

Textured Vegetable Protein products are processed from soy or other vegetable protein sources and are usually in a dehydrated granule, particle, or flake form. The product may be colored or uncolored, seasoned or unseasoned, but must be fortified with vitamins and minerals. When mixed with meat, poultry, or fish, textured vegetable protein products will resemble cooked meat, poultry, or fish. These products currently are being used successfully as meat/meat alternate extenders in large Child Nutrition Programs. However, before using textured vegetable protein products and claiming these meals for reimbursement, contact the FNS Regional office and/or the State agency for information and assistance on the preparation, serving, and crediting of these products.

Nuts and seeds may fulfill no more than one-half of the meat/meat alternate requirement for lunch or breakfast. You also should be aware of potential food

intolerances or allergies with some populations. In such circumstances, you should make appropriate accommodations under the medical substitution requirement.

Commercially purchased processed foods such as ravioli, chili, spaghetti with meat sauce, beef stew and pot pies may not count as a Meat/Meat Alternate unless:

They are CN Labeled, or

There is a product analysis sheet signed by an official of the manufacturer (not a sales person) stating the amount of cooked lean meat or meat alternate per serving.

NOTE: If the information indicates that the product contributes less than the required amount of meat or meat alternate, supplement the product with an appropriate amount of additional meat or meat alternate.

CHEESE

Cheese is considered a meat/meat alternate. There are several types of cheese available that vary in nutrient quality:

Natural or pasteurized processed cheese or Cheese Substitutes

Counts ounce for ounce toward the meat/meat alternate.

Cottage Cheese and Ricotta Cheese

These are made from milk liquids. Serve twice as much of these as the natural cheeses in order to count as one serving.

Cheese Foods and Spreads

Two ounces of these cheeses can count for one ounce as meat/meat alternates.

Cheese Product and Imitation Cheese

The term cheese product is a category name and is nonstandardized. It would receive no credit towards the meat/meat alternate component. Neither would any product labeled "imitation".

Cream Cheese

Cream cheese is not creditable because of the low protein content.

ENRICHED MACARONI PRODUCTS

Enriched macaroni products that have been fortified with protein can meet one-half of the meat/meat alternate requirements. They must be used in combination with one or more ounces of cooked meat, poultry, fish or cheese. ONLY those enriched products examined and registered by USDA may be used.

MEAT/ MEAT ALTERNATE (chart)

Food	Creditable Yes	no	Comments
Acorns		x	Acorns have a low protein content.
Bacon - Bits		x	This may be a soy product.
Bacon and Imitation Bacon Products		x	These products are considered as fats with little protein.
Bacon, Turkey	X		Only if it is a CN labeled product.
Beans, Dry or Canned	X		
Beef Jerky		x	This is a dried product and difficult to determine the meat portion.
Bologna	X		All meat (or poultry) products that do not contain by - products, cereal, or extenders. See the entry under frankfurters or hot dogs.
Canadian Bacon or Mild Cured Pork	X		1 lb. (16 oz.) will yield 11 - 1oz servings of cooked, lean meat.
Canned or Frozen: Beef Stew Beef-a-Roni Chili, Macaroni, Meat Stew, Pizza, Pot Pies, Ravioli	X	-	These products are creditable only if (1) they have a CN label or (2) a product analysis sheet signed by an official of the manufacturer (not a sales person). The documentation should state the amount of cooked, lean meat per serving.
Canned, Pressed Luncheon Meat (Potted/Deviled)	X		CN Label or product analysis sheet must be used
Cheese Foods, Cheese Spreads	X		A 2 oz serving equals 1 oz of meat alternate
Cheese, Imitation		x	Does not meet the definition of cheese.
Cheese, Products Sauces		x	While cheese foods and spreads have a Standard of Identity, cheese products do not.
Cheese, Natural or Processed and Cheese Substitutes	X		
Cheese, Cottage, Feta or Ricotta	X		The portion size must be doubled. (A 2 ounce serving equals 1 ounce meat/meat alternate).

MEAT/ MEAT ALTERNATE (chart 2)

Food	Creditable Yes	no	Comments
Chestnuts		x	Chestnuts have a low protein content.
Chicken Nuggets	X		Only the edible chicken portion is creditable as a meat. For breading/batter crediting, see the grain/ bread section.
Chitterlings		x	Chitterlings are considered as a fat.
Coconuts		x	Coconuts have a low protein content.
Corn Dogs	X		The crust is credited like cornbread. The frankfurter is credited as a meat/meat alternate. This product has a high fat and salt content.
Crab, Imitation		x	The processing washes away all vitamins.
Cream Cheese		x	Cream cheese contains less protein and more fat than creditable cheeses.
Deviled Eggs	X		
Eggs	X		Eggs may be credited only when cooked. Raw eggs are a potential health hazard.
Eggbeaters		x	Inadequate meat/meat alternate content.
Fish Sticks	x		Only the edible fish portion is creditable as a meat alternate. For breading/batter crediting, see the grain/bread section.
Frankfurters or Hot Dogs	x		All meat or poultry products that do not contain by-products, cereal, or extenders. Frankfurters containing a limited amount of fortified vegetable protein may be credited. Products must not contain more than 3.5% VPP containing soy flour or soy protein concentrate or 2% VPP containing isolated soy protein. Remember to serve hot dogs in small pieces for those participants where choking is a potential hazard.
Frankfurters, Imitation		X	
Game, i.e. Squirrel, Venison etc...		X	Game, for safety reasons, is not creditable unless it is inspected and approved by the appropriate State or Federal agency.
Home Slaughtered Meat		x	For safety reasons, home slaughtered meat is not creditable.
Ham Hocks		x	Ham hocks are high in fat and low in protein.
Kidney	x		
Liver	x		

MEAT /MEAT ALTERNATE (chart 3)

Food	Creditable yes	no	Comments
Liverwurst or Luncheon Meat	x		All meat or poultry products that do not contain by-products, cereal, or extenders may be credited. This product is high in salt and fat.
Meat Sauce	x		Homemade sauce or sauce with a CN Label or reliable product information sheet needed
Neufchatel Cheese		x	A soft, un-ripened cheese, similar to cream cheese but which contains less fat and more moisture.
Nuts	x		Nuts may receive no more than one half credit. Be careful not to serve nuts to children under three years of age to avoid choking hazards.
Ostrich Meat, ground	x		16 ounces (1 lb.) of this ground meat yields 11 ounces of equivalent meat.
Oxtails		x	This product has an insufficient amount of meat.
Peanut Butter	x		It is suggested that peanut butter be served in combination with another meat/meat alternate since the required portion sizes for peanut butter may be too large for pre-school children.
Reduced Fat Peanut Butter	x		It must meet the FDA Standard of Identity for peanut butter with 90% peanuts or peanut flour.
Peanut Butter Spreads		x	Peanut butter spreads do not meet FDA Standards of Identity and may not be credited.
Peas or Lentils, Dried	x		
Pepperoni	X		Need CN label or reliable product information sheet
Pig's Feet, Neck bones, or Tails		x	These products contain small amounts of meat and are high fat products.
Pimento Cheese	X		A 2 oz. serving equals 1oz of meat or meat alternate.
Pizza, Homemade	X		The amounts of meat/meat alternate ingredients must be identified and documented.
Pizza, Commercial	X		Need a CN labeled product or (2) a product analysis sheet signed by an official of the manufacturer (not a sales person), which states the amount of cooked, lean meat/meat alternate per serving.
Polish Sausage	X		Need CN Label or reliable product information sheet
Pot Pies, Commercial	X		Need CN Label or reliable product information sheet
Pot Pies, Homemade	X		The meat in homemade potpies can be credited if there is sufficient meat/meat alternate per serving.

MEAT/ MEAT ALTERNATE (chart 4)

Food	Creditable yes	no	Comments
Potted Meat i.e. "Deviled" Meats	x		Need CN Label or reliable product information sheet.
Powdered Cheese in Boxed Macaroni and Cheese		x	The powdered cheese mix is not credited toward any of the food components. The macaroni, if enriched, can be credited toward the grain/bread requirement.
Pressed Meat Products; i.e. "Spam"	x		This product is high in sodium and fat.
Quiche	x		The egg, cheese, and/or meat may be credited if there is sufficient meat/meat alternate per serving. See crediting for crusts under the grain/breads section.
Salt Pork		x	This product is extremely high in fat.
Sausage	x		Need CN Label or reliable product information sheet.
Scrapple		x	Scrapple has insufficient meat content.
Seeds	x		Seeds may receive no more than one-half credit. Be careful of the use of seeds with preschoolers to avoid choking hazards.
Shellfish	x		Shellfish must be fully cooked; only the edible fish portion is creditable.
Shellfish, Imitation		x	
Soups, Homemade with Meat, or Meat Alternate	x		Homemade soups are creditable as a source of meat/meat alternate if the minimum amount per serving can be identified and documented.
Soups, Commercial (bean, lentil or split pea)	x		3/8 cup equals 1 ½ ounce meat alternate. Other commercial soups do not contain enough meat alternate to count.
Soy Burgers	x		If the burger contains 30 parts of soy to 70 parts of meat. See FNS 783-14 for meat analog variations.
Soy Butter	x		Soy butter provides a good alternative to peanut butter for those participants who are allergic to peanut butter. Soy butter is credited like peanut butter.
Spare Ribs	X		Only the lean meat portion is creditable.
Tempeh		x	Tempeh is fermented soybean. USDA has no Standard of Identity for this product.
Tofu		x	Tofu is soy bean curd. USDA has no Standard of Identity for this product.
Tripe	x		
Vienna Sausage	x		This product is high in fat and sodium.

MEAT/ MEAT ALTERNATE (chart 5)

Food	Creditable yes	no	Comments
Yogurt, Commercial Plain, Un-flavored, Flavored, Sweetened	x		Commercially prepared products meeting the Standard of Identity for yogurt, low fat, and nonfat yogurt may be credited. 4 oz of yogurt equals 1 oz of the meat/meat alternate requirements.
Yogurt, Homemade		x	There are potential safety concerns with this product.
Yogurt, Instant		x	There is no standard of identity. (This is a powder to be stirred into milk.)
Yogurt Products Frozen Yogurt, Bars, Yogurt Covering on Fruit and/or Nuts		x	These are considered "other" foods. There is insufficient yogurt in the coating mixtures.

Questions and Answers About Meat/Meat Alternates

1. Q: Why are nuts and seeds and nut and seed butters allowed as a meat alternate?

A: Peanut butter has always been included as a meat alternate in the Child Nutrition Program because of its high protein content. Other nut and seed butters are now becoming available on the market. Food consumption habits and food preferences are influenced by many cultural, ethnic, economic, religious, and environmental factors. These habits constantly are changing and therefore, affect how foods are used in meals in a culture. In the past, nuts had always been considered as a snack food. Now nuts, seeds, and a variety of nut or seed butters are becoming more popular at meal times in main dishes. The use of these products as a meat alternate reflects current food consumption habits and nutrition information. Nuts are not recommended for children under three years of age because choking may occur. Please also be aware that some individuals may have food intolerances or allergies to these foods.

2. Q: Are grated romano and parmesan cheeses creditable?

A: Yes, however, small amounts of these cheeses, when used as a garnish or seasoning, or in a breading, should not be counted toward meeting the meat/meat alternate requirement of a meal. For both romano and parmesan cheeses, a 3/8 cup serving provides 1 oz. of meat alternate.

3. Q: Can pizza be credited as a meat/meat alternate?

A: Yes. This pizza should be either a homemade pizza with a recipe on file, a CN labeled pizza, or a cheese/meat pizza with a manufacturer's statement.

4. Q: Can vegetarian meals be served ?

A: Yes, however, the meals must meet meal pattern requirements. Examples of acceptable vegetarian meat alternates that are creditable include natural and processed cheese, cheese foods, cheese spreads, cottage cheese, eggs, yogurt, cooked dry beans and peas, nut and seed butters or any combination of the above. Please be aware that such meat alternatives as tofu and tempeh are not creditable meat alternatives.

5. Q: We have several children that cannot eat certain food because of religious reasons. Can we claim these children on the food program?

A: Yes. In many cases substitutions to accommodate religious dietary restrictions can be made within existing meal pattern requirements. In those cases, the school may make such adjustments as are needed. Also offering choices on the cafeteria line will allow the child to make selections in keeping with his religious preferences.

Please refer to FNS Instructions 783-13, Rev 2 Variations in Meal Pattern Requirements: Jewish Schools, Child Care Institutions and Service Institutions (December 3, 1992) and 783-14, Rev 1 Variations in Meal Pattern Requirements: Seventh Day Adventist Schools, Child Care Institutions and Service Institutions (April 29, 1992).

6. Q: Must yogurt be offered in four ounce portions in order to be credited?

A: Although yogurt is credited at a ratio of four ounces of yogurt to one ounce of meat, this does not mean that programs are limited to offering yogurt in four ounce or eight ounce servings.

7. Q: What is the smallest amount of yogurt that may be credited as meeting the meat/meat alternate requirement?

A: Meal planners, at their discretion, may vary the portion sizes in the reimbursable meal in a range from 2 ounces (credited as $\frac{1}{4}$ of the meat/meat alternate) to 8 ounces (credited as fulfilling the total two ounce meat/meat alternate requirement).

8. Q: How are cups of commercially prepared yogurt containing fruit to be credited? Does the volume of fruit have to be subtracted from the total weight of the containers?

A. Commercially prepared fruit and non-fruited yogurt products both receive full crediting toward the meat/meat alternate requirement, based on the portion size by weight/volume in the carton; e.g., four ounces of either fruited or non-fruited yogurt fulfill the equivalent of one ounce of meat/meat alternate. It should be noted that the fruit in commercial fruited yogurts cannot be credited toward the fruit/vegetable component.

9. Q: Chicken nuggets and fish sticks are very popular in our school, how many nuggets or sticks should we serve to meet requirements?

A. Check either the CN label or the manufacturer's fact sheet. The label or sheet will provide crediting information specific to the product. This documentation should be maintained on file and is especially important when serving novelty shaped products.

10. Q: Do pork and beans count as a meat/meat alternate?

A: Yes. Pork and beans may be a creditable under the meat/meat alternate or vegetable/fruit category, but not both. See the Food Buying Guide listing for Beans with Bacon Sauce for serving sizes.

11. Q: What are enriched macaroni products?

A. They are specially formulated products that have been fortified with protein. The product must bear a label stating that it has been approved by FNS for use in the NSLP. One ounce of dry macaroni product meets no more than ½ of the meat/meat alternate requirements in Part 210.10, and must be served in combination with one or more ounces of cooked meat, poultry, fish or cheese. FNS periodically publishes a list of applicable products.

VEGETABLES AND FRUITS

General Requirements

A reimbursable breakfast shall contain a serving of vegetable(s) or fruit(s) or full strength vegetable or fruit juice or an equivalent quantity of any combination of these foods. Lunch shall contain two or more vegetables or fruits or a combination of both. Full strength vegetable or fruit juice may be counted to meet not more than one half of this requirement.

In order to be creditable, a juice must contain a minimum of 50% full-strength juice and then, only the full-strength juice portion may be counted to meet the fruit/vegetable requirement. Therefore, it is extremely important to read the product label. As a practical matter, we very strongly recommend that only full strength juices be used. If less than full strength juice is used, the volume of liquid must then be doubled to comply with meal pattern requirements since these juices are at 50% strength. (This is generally an excessive amount for young children to consume.) Juice may be fresh, canned, frozen, or reconstituted from concentrate and may be served in either liquid or frozen state or as an ingredient in a recipe. Some kinds of juice and cider have not been pasteurized and may contain harmful bacteria.

Two forms of the same fruit or vegetable served at the same meal can not both be counted toward the requirement to serve two or more fruits and/or vegetables. For example, if apple juice and applesauce are served, an additional and different fruit and/or vegetable must be served. This requirement is intended to provide the variety of fruits and vegetables needed for healthful growth.

Cooked dry beans or peas may be counted either as a vegetable or as a meat alternate but not as both in the same meal.

A serving of vegetable or fruit may be credited as one component of the required two components of the snack pattern. However, juice may not be credited as one of the components of a snack when milk is served as the only other component.

Vegetables and fruits are credited as served. In order to count for crediting purposes a minimum of 1/8 cup fruit/vegetable per serving is required. Small amounts (less than 1/8 cup) of fruits and vegetables used for flavorings or optional ingredients, such as garnishes, may not be counted to meet the fruit/vegetable requirement. These small amounts generally are not portion controlled and it is hard to determine their nutritional contribution to the meal. Condiments and seasonings are not creditable food items; they serve as extras to enhance the acceptability of the meal (unless you are using the nutrient standard menu plan; then you will have to record the condiments and seasonings for analysis).

Vegetables or fruits served as a combination item, e.g., fruit cocktail, succotash, peas and carrots, and mixed vegetables may be credited to meet only one of the two required items for lunch.

No home canned fruit and vegetable products are allowed for service because of health and safety reasons.

VEGETABLES AND FRUITS (chart)

Food	Creditable yes	no	Comments
Ade drinks		x	These drinks do not contain at least 50% full strength juice.
Apple Butter		x	Insufficient amount of fruit.
Apple Cider	x		Cider must be pasteurized.
Apple Fritters	x		Fritters must have at least 1/8 cup of apples per serving.
Aspic	x		See gelatin desserts
Banana in Bread		x	It has less than 1/8 cup fruit per serving and may not be counted toward meeting requirements.
Banana Pudding	x		The pudding must have at least 1/8 cup banana (fruit) per serving.
Barbecue Sauce		x	
Bean Sprouts	x		
Baked Beans	x		Yes, but beans may not be credited both as a meat/meat alternate and as a vegetable in the same meal.
Cake Containing Fruit	x		The cake must have at least 1/8 cup fruit per serving.
Carrot Bread		x	The bread contains less than 1/8 cup of carrot per serving and may not be counted to meet the vegetable/fruit requirement.
Catsup or Chili Sauce		x	These products are condiments.
Corn Chips		x	These are not classified as a fruit/ vegetable - see the grain/ bread crediting list.
Corn Syrup		x	Corn syrup is a sugar, not a vegetable.
Cranberry Juice Blend	x		Cranberry juice (not cranberry cocktail) in a blend with another 100% juice is creditable; for example, cranberry juice mixed with apple juice. 100% cranberry juice is generally not commercially available.
Cranberry Juice Cocktail		x	Cocktails contain less than 50% full strength juice.
Cranberry Sauce, Relish	x		Only if it contains whole or crushed berries.
Drinks, Fruit		x	Fruit drinks contain less than 50% full strength juice.
Dried Fruit (i.e. Raisins, Apricots, Prunes)	x		Dried fruits are concentrated. Check the Food Buying Guide for serving sizes.
Dry Spice Mixes		x	
Fig Bar Cookies		x	The amount of figs per serving is insufficient to count toward the fruit/vegetable component.
Frozen Fruit-flavored Bars		x	These bars do not contain enough, if any, fruit juice.

VEGETABLES AND FRUITS (chart 2)

Food	Creditable yes	no	Comments
Frozen Fruit Juice Bars	x		Fruit juice bars must contain a minimum of 50% full strength juice. Only the juice portion may be counted to meet the fruit/vegetable requirement. Also look for CN Labels.
Fruit Cobblers/Crisps	x		These must contain at least 1/8 cup of fruit per serving.
Fruit Juice Concentrates	x		
Fruit Juice Bases		x	Juice bases do not contain sufficient fruit per serving.
Fruit Drinks		x	Drinks contain less than 50% full strength juice.
Fruit-Flavored Canned Punch		x	This product contains less than 50% full strength juice.
Fruit-Flavored Powders ("Kool-aide")		x	Fruit-flavored powders do not meet the definition of fruit.
Fruit Pies	x		Fruit pies must contain at least 1/8 cup of fruit per serving.
Fruit Pie Filling	x		If the predominant ingredient is fruit, it will provide one-half credit; that is ½ cup fruit pie filling will provide ¼ cup of fruit, unless otherwise documented.
Fruit Sauces (Homemade)	x		The sauce must contain at least 1/8 cup or 2 Tbsp of fruit or full strength fruit or vegetable juice per serving. Generally, commercial sauces have insufficient fruit content.
Fruit roll-ups, leathers	x		Some of these items contain enough fruit to be considered nectars. Obtain information from the manufacturer.
Gelatin Deserts with Fruit and/or Vegetables	x		These desserts must contain at least 1/8 cup or 2 Tbsp of fruit or full strength fruit or vegetable juice per serving. "fruit flavored" gelatins are not creditable.
Gravy Base		x	This is not a vegetable.
Hominy		x	Hominy is a grain/bread. The product has no nutritional value other than minimal amounts of fiber and starch.
Honey		x	Honey is a sugar not a fruit. This product is not recommended for children under one year of age.
Ice Cream, fruit flavors		x	No fruit flavoring is creditable.
Jam		x	Jam has insufficient fruit content per serving.
Jelly		x	Jelly has insufficient fruit content per serving.
Juice Bars	x		With 100% juice only (see frozen fruit juice bars).
Juice Blends- <u>All Fruit</u>	x		These are combinations of full-strength juices.
Ketchup (Catsup)		x	This is a condiment.
Kiwi Fruit	x		

VEGETABLES AND FRUITS (chart 3)

Food	Creditable yes	no	Comments
Lemon Pie Filling		x	Lemon pie filling does not contain fruit solids, the juice contained requires dilution beyond the 50% limit for palatability.
Lemonade		x	Lemonade requires dilution beyond the 50% limit for palatability.
Macaroni Salad		x	Macaroni salad is not a vegetable. Only the documented amount of vegetables in the salad may be credited if at least 1/8 cup per serving is prepared.
Maple Syrup		x	Maple syrup is a sugar not a fruit. See the entry for corn syrup.
Mayonnaise, Salad Dressing, Margarine, Salad Oil and Butter		x	Mayonnaise, margarine, butter, salad oils and salad dressings are fats, not fruits or vegetables.
Muffins with fruit		x	Insufficient fruit
Nectars	x		If they contain at least 50% fruit juice
Onion Rings	x		They may be credited if they are homemade, or if a product specification sheet is available.
Olives	x		They must have at least 1/8 cup per serving.
Pickles	x		They must have at least 1/8 cup per serving.
Pineapple Upside-Down Cake	x		Only if there is at least 1/8 cup fruit per serving.
Pizza Sauce	x		Pizza sauce may be credited as tomato sauce if at least 1/8 cup (2 TBSP) per serving is provided.
Pop Tart Filling		x	There is not enough fruit present.
Popsicles		x	These are not 100% juice.
Potato Chips		x	These are "other foods". Fruit/vegetable chips are not creditable.
Preserves		x	
Puddings with Fruit, Commercial		x	Puddings have less than 1/8 cup of fruit per serving and may not be counted to meet the vegetable/fruit requirement.
Pumpkin in Bread		x	This product has less than 1/8 cup of fruit per serving, and may not be counted to meet the vegetable/fruit requirement.
Rice, Whole Grain or Enriched		x	Rice is not a vegetable. It is creditable as a grain/bread only.

VEGETABLES AND FRUITS (chart 4)

Food	Creditable yes	no	Comments
Salsa, commercial, commodity and homemade	x		Salsa may be credited if the recipe documents that 1/8 cup (2 Tbsp) of vegetables per serving is provided. For products that contain all vegetable ingredients plus minor amounts of spices or flavorings, 100% of the product may be used to meet the volume requirement on a volume for volume basis.
Sherbet or Sorbets	x		Only if CN Labeled
Soups: such as Clam Chowder, Minestrone, Split Pea, Tomato, Tomato Rice, Vegetable, Vegetable w/ Beef, or Chicken	x		See the canned condensed soup entry.
Canned, Condensed Soup (1 part soup to one part water) All vegetable and vegetable with basic components such as meat and poultry.	x		1 cup of reconstituted soup will yield ¼ cup of vegetable.
Canned or Frozen Ready-to-Serve Soup	x		1 cup serving will yield ¼ cup of vegetable.
Dehydrated Soup Mixes	x		To credit vegetables in dehydrated soup mixes: Determine the volume measurement by re-hydrating the soup according to the manufacturer's instructions. Heat, then isolate the vegetable pieces and measure the volume. Separate the vegetable pieces from noodles rice, etc. Volume measurements must be recorded for each brand and type of soup.
Home Made Soups	x		Use the quantities of vegetables in the recipe to calculate.
Spaghetti Sauce (Tomato Sauce)	x		Spaghetti sauce is credited as tomato sauce if 1/8 cup (2 Tbsp) per serving is provided.
Sprouts	x		Example: Alfalfa, Bean
Syrup (Fruit Flavored)		x	
Toaster Pastries With Fruit (Poptarts)		x	There is insufficient fruit content. See grain/breads.
Vegetable Juice Blends e.g. V-8 Juice	x		This is a mixed, full strength vegetable juice.

VEGETABLES AND FRUITS (chart 5)

Food	Creditable yes	no	Comments
Vegetables, Chopped	x		Vegetables such as celery, onions in prepared dishes, may be credited, provided that at least 1/8 cup (2 Tbsp) per serving is supplied.
Yogurt with Fruit, Commercial		x	Commercial fruit yogurt has less than 1/8 cup fruit per serving and may not be counted to meet the fruit requirement - See the meat/meat alternate section.
Zucchini in Bread (Squash in Bread)		x	This product has less than 1/8 cup per serving and may not be counted to meet the fruit requirement.

Questions and Answers about Vegetables and Fruits

1. Q. Are foods like coleslaw, potato salad, and waldorf salad creditable?

A: Yes, the fruit and vegetable ingredients in these items all count toward meeting the fruit/vegetable requirement. However, other ingredients such as mayonnaise and marshmallows are not creditable and their weight/volume must be excluded when crediting a serving of any of these foods. Thus, a $\frac{1}{4}$ cup serving of coleslaw containing non-creditable ingredients would not equal $\frac{1}{4}$ cup of fruit/vegetable. Use the amount of fruit/vegetables contained as ingredients in the standardized recipe to determine credit.

2. Q: Can combination items such as fruit cocktail, mixed vegetables, or peas and carrots be used to meet the requirement of serving two or more fruits/vegetables at lunch and supper?

A: No, combination items are considered as only one item for crediting purposes.

3. Q: How are fruits and vegetables counted in combination dishes such as beef stew?

A: Only one fruit/vegetable component can be counted in a combination dish. For example, if the beef stew served contains stew meat, potatoes, carrots, and onions; the stew could only count for one fruit/vegetable component and an additional fruit or vegetable would need to be served. However, a chef salad or a fruit salad (with a meat/meat alternate) may be creditable as two servings of fruit or vegetable because the two or more fruits or vegetables are identifiable as individual servings and are served as part of an entrée.

4. Q: How do I prepare a homemade pizza so that it is creditable as a fruit/vegetable component? What about commercial pizza?

A: Homemade pizza may be counted as one fruit/vegetable component. In order to meet this requirement, the pizza should include pizza sauce and vegetable or fruit toppings. The amount of sauce on a commercial pizza is not sufficient to count as a vegetable unless the pizza is CN labeled or has a reliable product fact sheet.

5. Q: How much tomato paste, tomato puree or tomato sauce would be needed to equal ¼ cup vegetable for each child at lunch or supper?

A: Tomato paste 1 tablespoon = ¼ cup vegetable

Tomato puree 2 tablespoons = ¼ cup vegetable

Tomato sauce 4 tablespoons = ¼ cup vegetable

6. Q: Are the raisins in homemade rice or bread pudding creditable?

A: Yes, however, at least 1/8 cup (2 Tbsp) must be served in each serving to be creditable. In most recipes, not enough raisins are used to meet this requirement.

7. Q: How can I tell if juice is 100% full strength juice?

A: The label will state "juice, full strength juice, single strength juice, 100% juice, reconstituted juice, juice from concentrate or juice concentrate." Juices that have the words cocktail, beverage, or drink are not 100% juice. The statements "natural" or "organic" do not indicate if the juice is 100% strength.

8. Q: Can we purchase homemade juices such as apple cider from local farm stands?

A: Yes, if they are pasteurized. Children are often at increased risk from potentially toxic bacteria. Most local farmers now pasteurize these products.

9. Q: Can the fruit in pudding or the fruit or vegetable in gelatin be counted towards the fruit /vegetable requirements?

A: Yes, however, at least 1/8 cup fruit/vegetable or fruit juice must be present in each serving. Gelatin or pudding alone will not meet NSLP requirements.

10. Q: Can juice concentrate in its concentrated form be used to meet the fruit/vegetable requirement?

A: Yes. When a juice concentrate is used in its concentrated form, it may be credited on a reconstituted basis. For example, a gelatin product containing 1 Tbsp of orange juice concentrate per serving could receive $\frac{1}{4}$ cup fruit/ vegetable credit since the orange juice could be reconstituted on a ratio of one part concentrate to 3 parts of water (1 Tbsp concentrate + 3 Tbsp water = 4 Tbsp full strength reconstituted juice or $\frac{1}{4}$ cup credit)

11. Q: Are edible wild plants such as dandelion greens, poke weed, burdock, lambs quarters (pig weed), and seaweed creditable?

A: Yes, they are considered to be vegetables. However, caution should be used. These plants are grown in the wild and considered by some individuals to be weeds, therefore toxic pesticides may have been sprayed upon these plants. Safe guards in the use of wild plants should be developed. Purchase only from reliable sources.

12. Q: Are fruit sauces, such as orange sauce made with orange juice, or blueberry sauce made with canned/frozen blueberries creditable?

A: Yes, however, only the fruit portion of the sauce, i.e., the orange juice or blueberries is creditable. At least $\frac{1}{8}$ cup of fruit must be in each serving. Therefore, to determine the creditable portion size, divide the total amount of fruit used by the servings prepared.

13. Q: Are dehydrated vegetables creditable and how are yields determined?

A: Yes, dehydrated vegetables are creditable. Yields for dehydrated vegetables must be based on the re-hydrated volume, not upon the fresh volume that may be stated on the container. Keep in mind that re-hydration yields on the container often vary from brand to brand. This variation in yields means that the following procedure must be used for each brand of dehydrated product to determine yield.

Determine the re-hydrated volume as follows:

- a) Re-hydrate (add water or liquid) a purchase unit of the dehydrated vegetable according to manufacturers' directions. If the directions are not on the container, request re-hydration directions from the manufacturer.
- b) Measure the re-hydrated volume.
- c) Measure the number of $\frac{1}{4}$ cup servings of re-hydrated product that one purchase unit provides.
- d) Keep a record of the yield data obtained as required by the State agency , Regional office as verification. Records should include information on the size of the purchase unit, the number of $\frac{1}{4}$

cup servings of re-hydrated product per purchase unit, the name of the manufacturer, and the manufacturers' directions for how to re-hydrate the product.

14. Q: What is "blended" juice?

A. There are also 100 percent juice blends or juice drink/beverages that are labeled by the primary flavored juice as opposed to the primary volume juice. For example, a juice blend of white grape, apple, pear and raspberry juice may be labeled "Raspberry Juice Blend," which leads the purchaser to assume that raspberry juice is the primary ingredient when actually only 10 percent of the blend is raspberry juice. Manufacturers are increasingly using certain blend juices as a base for many juice drinks and juice drink products. By not paying attention to the ingredients on labels, it would be possible to serve the same juice everyday, with the only difference being the color and flavor.

15. Q: Some frozen desserts contain fruit juice. How can you determine the amount of juice in each package?

A. Many of these products are CN Labeled which will show amounts that meet meal pattern requirements. If there is no CN Label, read the ingredient list carefully to verify that juice is the first ingredient listed. Also request the manufacturer's product fact sheet.

16. Q: What is a Formulated Grain-fruit product and how is it used?

A. This is a specially formulated item that can be used in SBP only. It contains at least 25% (by weight) grain, and has either grain or fruit as its primary ingredient. The label on the individually wrapped item will state that it has been approved by FNS for use in the SBP. Each product meets the requirements for 1 bread and 1 fruit serving. They are also referred to as Super Donuts or Super Buns. FNS periodically publishes a list of approved products.

17. Q: Are apple fritters and banana fritters creditable as fruits? Are corn fritters creditable as vegetables? Or are they just grain/bread items?

A. These fritters can be counted as fruit/vegetables and/or grain/bread items. To count fritters as part of the total requirement for fruit/vegetables, each serving must have at least 1/8 cup of fruit or vegetable. To count them as grain/bread items, each full serving must contain at least 14.75 grams of enriched or whole-grain meal or flour.

18. Q: Can home garden produce be used for meals in NSLP or SBP?

A. Yes, if the garden vegetable or fruit is in compliance with all pesticide uses (using only a pesticide that is labeled for that specific vegetable or fruit, and following all label directions) and if the vegetables are properly washed prior to consumption. Home grown items can also be frozen and used at a later time. Home canned products are not in compliance with food service sanitation, and cannot be used.

19. Q: Should a gravity type juice dispenser be used to ensure that the CN Label warranty will apply?

A. Yes. This is the only type of dispenser that will maintain the CN warranty. The dispensers with an aeration device may incorporate too much air into the drink, resulting in a product that contains less than the proper amount of fruit juice.

Serving Size and Yield for Selected Fresh Vegetables and Fruits (chart)

Please note that the serving sizes and yields are approximate. This chart is intended as a reference only.

Vegetable	Serving Size and Yield
Carrot Sticks	1 stick is 4 inches long and $\frac{1}{2}$ inch wide <ul style="list-style-type: none"> • 12 sticks = $\frac{1}{2}$ cup • 6 sticks = $\frac{1}{4}$ cup • 3 sticks = $\frac{1}{8}$ cup
Cauliflower	1 medium head = about 6 cups florets
Celery Sticks	1 stick is 3 inches long and $\frac{3}{4}$ inches wide <ul style="list-style-type: none"> • 8 sticks = $\frac{1}{2}$ cup • 4 sticks = $\frac{1}{4}$ cup • 2 sticks = $\frac{1}{8}$ cup
Cucumber Slices	<ul style="list-style-type: none"> • 8 slices (each $\frac{1}{8}$ inch thick) = $\frac{1}{2}$ cup • 4 slices (each $\frac{1}{8}$ inch thick) = $\frac{1}{4}$ cup • 2 slices (each $\frac{1}{8}$ inch thick) = $\frac{1}{8}$ cup
Cucumber Sticks	1 cucumber = 12 sticks <ul style="list-style-type: none"> • 4 sticks = $\frac{1}{2}$ cup • 2 sticks = $\frac{1}{4}$ cup • 1 stick = $\frac{1}{8}$ cup
Lettuce Head (Iceburg)	<ul style="list-style-type: none"> • 2 pieces (4 $\frac{1}{4}$ " and 4 $\frac{1}{2}$ ") = $\frac{1}{2}$ cup • 1 piece (4 $\frac{1}{4}$ " and 4 $\frac{1}{2}$ ") = $\frac{1}{4}$ cup • $\frac{1}{2}$ piece (4 $\frac{1}{4}$ " and 4 $\frac{1}{2}$ ") = $\frac{1}{8}$ cup
Leaf Lettuce	<ul style="list-style-type: none"> • 1 large leaf = $\frac{1}{4}$ cup • 2 medium leaves = $\frac{1}{4}$ cup • 3 small leaves = $\frac{1}{4}$ cup
Radishes	<ul style="list-style-type: none"> • 8 radishes (small) = $\frac{1}{2}$ cup • 4 radishes (small) = $\frac{1}{4}$ cup • 2 radishes (small) = $\frac{1}{8}$ cup
Tomato Wedges	<ul style="list-style-type: none"> • $\frac{1}{2}$ tomato (3 inch diameter) = $\frac{1}{2}$ cup • $\frac{1}{4}$ tomato (3 inch diameter) = $\frac{1}{4}$ cup • $\frac{1}{8}$ tomato (3 inch diameter) = $\frac{1}{8}$ cup
Tomato Slices	<ul style="list-style-type: none"> • 4 slices (each $\frac{1}{4}$ inch thick) = $\frac{1}{2}$ cup • 2 slices (each $\frac{1}{4}$ inch thick) = $\frac{1}{4}$ cup • 1 slice (each $\frac{1}{4}$ inch thick) = $\frac{1}{8}$ cup
Cherry Tomatoes	<ul style="list-style-type: none"> • 8 tomatoes = $\frac{1}{2}$ cup • 4 tomatoes = $\frac{1}{4}$ cup • 2 tomatoes = $\frac{1}{8}$ cup

GRAIN/BREAD

General Requirements

The meal patterns for breakfast and lunch each contain a grain/bread requirement in the amount specified for each age group. A grain/bread may also be served as one of the two components of a snack.

FNS Instruction 783-1 Revision 2 (January 8, 1997) updates the criteria used to determine minimum portion sizes, qualifying criteria, and examples of foods which qualify as a grain/bread.

Bread products are important dietary sources of iron, thiamin, niacin, riboflavin and, often, of fiber in the diet.

Grain/breads served must meet the following criteria to be creditable:

The grain/bread must be whole grain or enriched or made from whole-grain or enriched meal or flour or if it is a cereal, the product must be whole grain, enriched or fortified. Bran, oatmeal, cornmeal and germ are credited in the same way as are enriched or whole grain meals or flours.

The product label must indicate that the product is enriched or whole grain, made from enriched or whole grain meal or flour as well as bran and/or germ, or is fortified. If the grain/bread alternate is enriched, it must meet the Food and Drug Administration's Standards of Identity for enriched bread, macaroni and noodle products, rice, or cornmeal.

French, Vienna, Italian and Syrian breads are commercially prepared products that are often prepared with un-enriched flour. Check the label or with the manufacturer to be sure that the product is made with enriched flour.

For commercial products, the information on the package food label (including such products as individually packaged granola bars, coffee cakes etc.) as to weight per serving size compared against the applicable group in Exhibit A serves as documentation of the serving size. A sample label should be

maintained on file. Additionally, a manufacturer's fact sheet that notes the total grain content by weight (14.75 grams) will provide you with the documentation needed here. There are some products that will carry a CN Label if the grain/bread item is in combination with a fruit or meat/meat alternate product. The CN Label will state the contribution the combination food makes toward the grain/bread requirement.

For the types of food items listed in Groups A-G of Exhibit A to count as one full serving; an item must contain no less than 14.75 grams (0.52 ounces) of the total of enriched or whole grain, meal and/or flour. Cornmeal is considered to be a meal and thus, items made with cornmeal also must contain no less than the 14.75 grams of enriched or whole grain meal.

The crediting of a food item as a grains/bread serving is determined by the total amount of enriched or whole grain meal and/or flour in the recipe divided by the number of servings the recipe yields. Schools are no longer required to use only those quick bread/muffin recipes which list flour as the primary ingredient by weight.

For the types of food items listed in Groups H and I of Exhibit A to count as one full serving, the weights and volumes listed in the applicable group must be used.

NOTE: Under the Enhanced Food-based Menu Option, a grain/bread dessert may count as a grain serving for lunch if it contains the required amount of bread to qualify as a serving. For example, each serving of a brownie must contain a minimum of 14.75 grams of enriched or whole grain flour to count as a bread. However, only one dessert can be counted daily as a serving of grain/bread. At times, sweetened grain/bread products (such as a cinnamon roll) can serve as a bread item, and as an integral part of lunch or breakfast, if the menu planner makes this designation.

Under the Traditional Food-based Plan, grain based desserts would not be creditable as a grain/bread at lunch. At breakfast, only items containing one of the four food items may be counted as meeting the meal pattern requirements. For example, a cereal bar may count as one of the food items for breakfast if it contains the required amount of enriched cereal to qualify for a serving of a ready-to-eat breakfast cereal as a grain/bread item.

A ¼ serving of grain/bread is the minimum amount that may be counted toward the required servings.

In the snack (supplement) meal pattern, dessert items made with enriched or whole grain flour as well as bran and/or germ may be credited as a bread serving. This is true in NSLP, the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP). However, sweetened dessert items may not be served more than twice a week.

FNS Instruction 783-1, Revision 2 (chart)
Exhibit A

(chart) Grains/Breads for the Food Based Alternatives on the Child Nutrition Programs¹

Group A	Minimum Serving Size for Group A
Bread Type Coating Bread Sticks (hard) Chow Mein Noodles Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) note: weights apply to bread in stuffing	1 serving = 20gm or 0.7 oz. ¾ serving = 15 gm or 0.5 oz. ½ serving = 10 gm or 0.4 oz. ¼ serving = 5 gm or 0.2 oz.
Group B	Minimum Serving Size for Group B
Bagels Batter Type Coating Biscuits Breads (white, wheat, whole wheat, French, Italian) Buns (hamburger and hot dog) Crackers (graham crackers- all shapes, animal crackers) Egg Roll Skins, Won Ton Wrappers English Muffins Pita Bread (white, wheat, whole wheat) Pizza Crust Pretzels (soft) Rolls (white, wheat, whole wheat, potato) Tortillas (wheat or corn) Tortilla Chips (enriched or whole grain) Taco Shells	1 serving = 25gm or 0.9 oz. ¾ serving = 19 gm or 0.7 oz. ½ serving = 13 gm or 0.5 oz. ¼ serving = 6 gm or 0.2 oz.
Group C	Minimum Serving Sizes for Group C
Cookies ² (plain) Cornbread Corn Muffins Croissants Pancakes Pie Crust (dessert pies ² , fruit turnovers ³ , and meat meat/alternate pies)* Waffles	1 serving = 31gm or 1.1 oz. ¾ serving = 23 gm or 0.8 oz. ½ serving = 16 gm or 0.6 oz. ¼ serving = 8 gm or 0.3 oz.

1. Some of the following foods or their accompaniments may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.
2. Allowed for dessert only under the Enhanced Food-based Menu Option specified in Part 210.10 and supplements (snacks) served under NSLP, CACFP and SFSP.
3. Allowed for dessert only under the Enhanced Food-based Menu Option specified in Part 210.10 and supplements (snacks) served under NSLP, CACFP and SFSP, and for breakfasts served under SBP, CACFP and SFSP.

*NOTE: Serving sizes for items such as pie crusts refers to the weight of the crust, not the entire serving.

Exhibit A Continued

Group D	Minimum Serving Size for Group D
Doughnuts ³ (cake and yeast raised, unfrosted) Granola Bars ³ (plain) Muffins/Quick Breads (all except corn) Sweet Roll ³ (unfrosted) Toaster Pastry ³ (unfrosted)	1 serving = 50 gm or 1.8 oz. ¾ serving = 38 gm or 1.3 oz. ½ serving = 25 gm or .9 oz. ¼ serving = 13 gm or 0.5 oz.
Group E	Minimum Serving Size for Group E
Cookies ² (with nuts, raisin, chocolate pieces, and/or fruit purees) Doughnuts ³ (cake and yeast raised, frosted, or glazed) French Toast Grain Fruit Bars ³ Granola Bars ³ (with nuts, raisins, chocolate pieces, and/or fruit) Sweet Rolls ³ (frosted) Toaster Pastry (frosted)	1 serving = 63gm or 2.2 oz. ¾ serving = 47 gm or 1.7 oz. ½ serving = 31 gm or 1.1 oz. ¼ serving = 16 gm or 0.6 oz.
Group F	Minimum Serving Size for Group F
Cake ² (plain, unfrosted) Coffee Cake ³	1 serving = 75 gm or 2.7 oz. ¾ serving = 56 gm or 2.0 oz. ½ serving = 38 gm or 1.3 oz. ¼ serving = 19 gm or 0.7 oz.
Group G	Minimum Serving Size for Group G
Brownies ² (plain) Cake ² (all varieties, frosted)	1 serving = 115 gm or 4 oz. ¾ serving = 86 gm or 3 oz. ½ serving = 58 gm or 2 oz. ¼ serving = 29 gm or 1 oz.
Group H	Minimum Serving Size for Group H
Barley Breakfast Cereals ⁴ (cooked) Bulgur or Cracked Wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)	1 serving = ½ cup cooked (or 25 gm dry)
Group I	Minimum Serving Size for Group I
Ready to eat breakfast cereal ⁴ (cold, dry)	1serving = ¾ cup or 1 oz, whichever is less

⁴ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast item but may be served in meals other than breakfast/

Grain/Bread (chart)

***Desserts Creditable for Lunch under Enhanced Food-based Menu Option ONLY**

Food	Creditable Bkfst Lunch* Snack	Credit No	Comments
			Groups refer to Exhibit A of FNS 783-1
Bagel	x		
Bagel Chips	x		
Banana Bread	x		Homemade breads must contain 14.75 g per serving of enriched grain or flour. Commercial quick breads are credited in Group D.
Barley	x		It must be enriched or whole grain.
Biscuits	x		
Boston Brown Bread	x		See Group D
Bread sticks	x		
Bread stuffing	x		
Bulgur	x		See Group H
Bread Pudding	x		See Group D (Bread portion only)
Breading/Batter	x		See Group B of the grain/bread instruction for batter coatings. Use caution on foods such as commercial fish sticks, chicken, or fish nuggets; CN Labeling may help here.
Brownies	x		See Group G
Cakes	x		See Group F or G (frosted or not frosted)
Caramel Corn		x	This product does not meet the definition of bread.
Carrot Bread	x		See banana bread.
Cheese puffs, curls	x		See Corn chips
Chips, Corn/cornmeal	x		Corn/cornmeal chips must use whole grain or enriched flours.
Chips, Potato		x	These are considered "other" foods. Fruit and vegetable chips are not creditable.
Chow Mein Noodles	x		See Group A
Cobbler, Crisp	x		Bread portion is credited based on amount of enriched flour in recipe.
Coffee Cake, Cinnamon/Danish Rolls	x		See Group E
Cookies	x		Cookies may be served as part of a snack no more than twice a week.
Cornbread	x		
Corndogs, batter	x		See breading/batters
Couscous	x		This pasta product must be enriched or whole grain.

Grain/Bread (chart 2)

***Desserts Creditable for Lunch under Enhanced Food-based Menu Option ONLY**

Food	Creditable Bkfst Lunch* Snack	Credit No	Comments Groups refer to Exhibit A of FNS 783-1
Crackers	x		For crediting purposes specify the type served, e.g., graham, etc.
Crepes	x		For the required serving size, see Group C - pancakes.
Croissants	x		
Croutons	x		See Group A
Cupcakes	x		See Group F or G
Danish Pastries	x		See Group E
Doughnuts	x		See Group E
Dumplings	x		See Group B, batters
Egg Roll or Won Ton Wrappers	x		See Group B, egg roll skins
English Muffins	x		
Fig Bar	x		See Group E
French Bread	x		
French Toast	x		See Group E
Fried Bread	x		The contribution of a grain/bread in a recipe may be calculated to determine the number of grain/bread equivalencies the recipe provides. The crediting is determined by the total amount of enriched or whole grain meal and/or flour in the recipe divided by the number of servings the recipe yields.
Gingerbread	x		See cake
Granola Bars, plain or with fruits/nuts	x		See Groups D and E.
Grain and Cereal bars	x		See Group D or E
Grits	x		This product must be whole grain or enriched.
Hominy		x	Hominy is not made from the whole kernel of corn.
Hushpuppies	x		This product is credited in Group C
Ice Cream Cones		x	One cone weighs about 3 grams, which is insufficient as a cookie serving size.
Ice Cream Sandwich Wafers	x		The wafers may be credited as a serving of cookies if requirements for weight and enrichment are met.
Italian Bread	x		

Grain/Bread (chart3)

***Desserts Creditable for Lunch under Enhanced Food-based Menu Option ONLY**

Food	Creditable Bkfst Lunch* Snack	Credit No	Comments Groups refer to Exhibit A of FNS 783-1
Johnny Cake	x		This product is credited in Group C.
Macaroni in Boxed Macaroni and Cheese	x		The macaroni, if enriched, can be credited toward the grain/bread requirement.
Muffins	x		See Group D
Nachos	x		This product must be enriched or whole grain.
Noodles	x		
Oatmeal	x		See Group H, cooked cereal
Party Mix, Trail Mix	x		Based on the amount of cereal in the recipe. See Group I
Pie Crust	x		
Pineapple Upside Down Cake	x		.See cake for cake portion only.
Pita bread	x		See Group B
Pizza Dough	x		See Group B
Pop Tarts	x		See Group D or E, frosted or unfrosted
Popcorn		x	Popcorn provides fiber but little nutritional value; this item is not creditable.
Popover	x		
Pound Cake	x		
Potato Pancakes		x	Potato pancakes contain a minimal quantity of flour.
Pretzel, Soft	x		See Group B
Pretzel, Hard	x		See Group A
Puff Pastry (Includes Cream Puffs)	x		See Group C
Pumpernickel Bread	x		
Pumpkin Bread	x		Quick breads are credited in the same group as those muffins other than corn. See banana bread.
Quinoa	x		A cereal-like plant product derived from an herb, creditable as a whole-grain type of flour.
Raisin Bread	x		This product is credited in the same way as breads without raisins (grain/bread only).
Ravioli pasta	x		Homemade; based on flour in recipe. Commercial; see CN Label, or manufacturer's fact sheet.
Rice, (either Enriched, White or Brown)	x		This product must be enriched or whole grain.
Rice Cakes	x		Must be whole-grain or enriched; see Group I

Grain/Bread (chart 4)

***Desserts Creditable for Lunch under Enhanced Food-based Menu Option ONLY**

Food	Creditable Bkfst Lunch* Snack	Credit No	Comments
			Groups refer to Exhibit A of FNS 783-1
Rice Treats	x		The rice cereal used as an ingredient in the treats may be credited if it is enriched or fortified. See group I
Rice Pudding	x		Only for the amount of rice used in the recipe. Will need manufacturer's fact sheet if commercial product.
Rolls - All Types	x		For example, hard, parkerhouse, dinner, kaiser, whole wheat, onion, hamburger, hot dog etc.
Rye Wafers	x		
Snack Type Crackers	x		Refer to Group B
Sopapillas	x		Credited in the same group as doughnuts. For serving size see Group C.
Spoon Bread	x		Credited in the same group as cornbread. For serving size see Group C.
Squash Bread, Zucchini Bread	x		Quick breads are credited in the same group as those muffins other than corn. See banana bread.
Stuffing, Bread, Dry	x		See Group A. Weights apply to the bread in the stuffing.
Super Donuts, Buns	x		For breakfast ONLY, if on FNS approved list.
Sweet Rolls/Buns	x		.See Group D or E
Tapioca		x	Tapioca is not a grain.
Taco or Tortilla Shells	x		The shells must be enriched, fortified, or whole grain.
Taco Chips	x		The chips must be enriched, fortified, or whole grain.
Turnover crust	x		See pie crust.
Wafers, Vanilla	x		These are considered to be cookies.
Waffles	x		See Group C
Wheat Germ/Bran	x		Bran and germ are credited in the same manner as whole grain meal or flour - at least 14.75 grams per serving.

Questions and Answers about Grain/Breads

1. Q: Are Fig bar cookies creditable as a grain/bread?

A: Yes, please see Group C of Exhibit A for crediting the cookie crust. Also, see the information under fruits and vegetables regarding the crediting of the fig paste.

2. Q: Are Rice Crispy bars or Rice Cakes made from a cereal product creditable?

A: Yes, these "cereal snacks" may be credited. The cereal must be whole grain, enriched or fortified.

3. Q: Can nut or seed meal or flour be used to meet the grain/bread requirement for a meal?

A: No. Nuts and seeds are not grains and there are no standards of enrichment for these products.

4. Q: Can pie crusts, crisps, and cobblers be credited as a grain/bread?

A: Pie crust can be credited when it is part of a main dish (i.e., quiche or pot pie). Dessert pie crusts can only be credited when using the Enhanced Food-based menu option.

5. Q: Are granola bars acceptable grain/bread equivalents?

A: Yes. If commercial granola bars are served, then the serving sizes for plain granola bars would be found in Group D. Serving sizes for those granola bars with nuts, raisins, chocolate pieces, and/or fruit purees would be found in Group E. Those programs that wish to serve homemade granola bars, should use the worksheet formula for calculating the amount of whole grain (the grain portion of the formula) or enriched, flour per serving.

6. Q: Is granola cereal an acceptable grain/bread equivalent?

A: Yes, commercial and homemade granola cereals are acceptable. In determining the serving size, only the grain portion of the cereal is creditable as a grain/bread. In other words, any nuts, seeds, coconut, dried fruit, etc are not to be included when determining the serving size. Standardized USDA recipes already have portion sizes calculated. However, since each commercial granola is based upon its own formulation, the school should take a sample box and separate out the whole grain portion and weigh it to calculate out the number of allowable servings and required serving size for each type and brand of granola used. This information should be maintained on file.

7. Q: Can crackers be served as a grain/bread equivalent?

A: Yes, both sweet and non sweet crackers can be served as a grain/bread equivalent for breakfast, lunch or supplement (snack). Children who are in the 1 to 2 and in the 3 to 5 age range require $\frac{1}{2}$ serving for any of these meals. Older children require one serving.

Saltines and snack cracker serving sizes are listed under Group A

- One serving of Group A equals 20 gm or .7 oz; $\frac{1}{2}$ Serving of Group A equals 10 gm or .4oz

Graham and animal crackers are listed under Group B. The number of crackers served for either group would depend upon the total number of crackers by weight that would be required to meet the portion size requirements.

- One serving of Group B equals 25 grams or .9 oz. $\frac{1}{2}$ Serving of Group B equals 13 grams or .5 oz

8. Q: Bagels are all listed under Group B, but there is a wide variance in sizes, how do we calculate appropriate serving sizes?

A: Whenever there is an apparent variance in size, we encourage schools to verify serving sizes on such products as bagels, especially if they are purchased from a local bakery. The actual size of a bagel varies greatly from the various frozen commercial bagel varieties to deli size bagels. Schools are encouraged to weigh a sample bagel product and to serve the equivalent required grams for the age group being served. For example, a half of one brand of bagel may meet requirements while a half of another type of bagel may provide too large a serving size for a young child.

Documentation supporting the weight and serving size of each different bagel product should be maintained on file for review purposes, whenever the product differs from the standardized size in Exhibit A.

9. Q.: What are Super Donuts, Super Buns and how can they be used?

A These are specially formulated items that can be used in SBP only. They contain at least 25% (by weight) grain, and have either grain or fruit as a primary ingredient. The label on the individually wrapped item will state that it has been approved by FNS for use in the SBP. Each product meets the requirements for 1 bread and 1 fruit serving. They are also referred to as Formulated grain fruit products. FNS periodically publishes a list of approved products.

10. Q: If sugar is listed as the first ingredient on a label of a dry cereal, does this meet the bread requirements?

A The requirement for dry cereal is that it contain a total of enriched or whole grain flour in the amount of 14.75 grams. Pre-sweetened cereals may show sugar as the first ingredient. Although this does not make the product non-creditable, it is something to consider when planning menus.

(chart) Recalculated Serving Amount(s) Needed To Constitute a Serving by Age (Revised 97)

Note the portion size has been revised based upon the adjusted portion sizes in the revised grain/bread instruction 783-1 Rev. 2 and upon FDA standards. Please note when adjustments resulted in a part of a serving, the portion size was adjusted upwards.

Several products are known by different names in different parts of the county. We have included each name, when known, to aid you in determining your product. Remember that you must consider the particular needs and ages of your participants when considering choking hazards. Also remember that some grain/bread options are higher in sugar, salt or fat and should be offered in moderation

Name of item	one to two years old (1/2 serving)	three to five (1/2 serving)	six to twelve, adult (1 serving)
Animal Crackers ¹ by cup by each "animal"	¼ cup 5	¼ cup 5	½ cup 9
Bagel (water, whole wheat, egg, flavored, bialy) small or mini 3" diameter	½ ¼	½ ¼	1 ½
Bagel chips (include all flavors) chips	1 each	1	2
Bread stick (hard, with or without sesame seeds) 4 ¼" size (small) 4 ¾" size (medium) 5 3/8" size (suggested - use a medium bread stick for ½ serving)	2 each 1 each	2 1	4 2 1
Bread stick (soft) 6 ¼" long 6 ¾" long (suggested - use a small bread stick for ½ serving)	1	1	2 1
"Bear" Crackers (unfrosted, no filling, include honey and cinnamon varieties) by cup each	¼ cup 13	¼ cup 13	1/3 cup 25
Brown Bread, Boston by slice	1	1	1½ slice

Name of item	one to two years old (1/2 serving)	three to five (1/2 serving)	six to twelve, adult (1 serving)
Butter Crackers (also club)			
square	2 each	2	4
rectangle	3 each	3	5
large rectangle	1 each	1	2
small rectangle	4 each	4	8
rounds	4 each	4	7
bite size	10 each	10	20
bite size by cup	1/4 cup	1/4 cup	1/3 cup
Cheese Crackers			
small square	10 each	10	20
various shapes	4 each	4	7
fish	10 each	10	20
twigs	5 each	5	10
bite size	10 each	10	20
round	4 each	4	7
snack stick	5 each	5	10
Cornbread (with or without jalapeño peppers)			
by cubic inches	3"x3" square	3"x3" square	5"x5" square
Corn Cakes			
regular	2	2	3
mini-cakes	5	5	10
Corn Pone (includes Hoe Cake)			
by cubic inches	2"x2" square	2"x2" square	3 1/2"x 3 1/2" square
Crisp Bread, Rye			
3 1/2" x 17/8" x 1/4"	2	2	3
thin wafer	5	5	10
flat bread	2	2	4
English Muffin (with or without raisins - include rye, multi-grain, pumpernickel, oat bran, toasted/ un-toasted)	1/4 muffin	1/4 muffin	1/2 muffin
Graham Crackers (includes sugar, honey, and cinnamon, no chocolate or frosting) ¹			
squares	2	2	4
large rectangles	1	1	2
small rectangles	4	4	8
Hushpuppies (include Fried Corn Bread) each	1 (#40 scoop)	1 (#40 scoop)	2 (#40 scoop)

Name of item	one to two years old (1/2 serving)	three to five (1/2 serving)	six to twelve, adult (1 serving)
Johnny Cake by cubic inches	3"x3" square	3"x3" square	7"x7" square
Matzo	½	½	1
Melba Toast slices (rectangles) rounds	2 4	2 4	4 7
Milk Crackers	1	1	2
Oat Bran Crackers thins cup	5 ¼	5 ¼	10 1/3
Pita (include Greek, Syrian Flat bread, and Pocket bread) small 4" diameter	½	½	1
Pretzels (hard) 1 ring 3 ring thin (3¼ "x2¾" x1/4") rod (7½ "x ½" x ¼") Dutch pretzel (2¾ " X 2 5/8" x 5/8") log 3" x ½" sticks 2½" 1/8" diameter thin sticks, rings, bite size by cup	5 4 2 1 1 2 20 ¼ cup	5 4 2 1 1 2 20 ¼ cup	10 7 4 2 2 4 40 ½ cup
Saltine Crackers (include soda crackers, sea toast, "Uneeda") crackers large round crackers	4 1	4 1	7 2
Soup and Oyster Crackers each	10	10	1/3 cup 20
Spoon Bread by cubic inches	1½"x1½" square	1½"x1½" square	2½"x 2½"square
Tortilla, Corn 7" diameter 5" diameter	½ 1	½ 1	1 2
Tortilla, Flour 4" diameter 6" diameter	½ 1	½ 1	1 2
Tortilla, Whole Wheat (include Chappati and Puri breads) Tortilla (no diameter given)	½	½	1

Name of item	one to two years old (1/2 serving)	three to five years old (1/2 serving)	six to twelve, adult (1 serving)
Tortilla Chips (include enriched corn or cornmeal, may be either flavored or plain)	8 chips	8 chips	14 chips
Whole Wheat Crackers (includes toasted wheat cracked wheat and stoned wheat types) cracker	3	3	5
Whole Wheat wafer	3	3	5
Rice or Rye Cakes (regular size) mini-cakes	2 5	2 5	3 10
Water Biscuits	3	3	5

¹ Graham crackers and animal crackers are now in Group B One serving is 25 grams and ½ serving is 13 grams. All other crackers are in Group A. One serving is now 20 grams and ½ serving is 10 grams. (Updated: Iowa Department of Education, CACFP).

Sample Worksheet for Calculating the Grain Contribution (Based upon FCS Instruction 783-1, Rev. 2)

The following worksheet takes food service personnel through the steps needed to determine the number of creditable servings in a homemade product. Please note that the sample recipe uses both enriched flour and whole grain cereals.

Please also note that in determining the contribution, decimals are always rounded down. This policy determination was made to preclude the possibility that servings would be short on weight to meet portion sizes due to rounding.

Sample Recipe _ Oatmeal Cookies

All purpose Flour	1 lb. 13 oz.	Butter or Margarine
Baking Soda		Large Eggs
Salt		Vanilla
Rolled Oats	1 lb 4oz.	Raisins, Plumped (optional)
Brown Sugar		
Ground Cinnamon		
Ground Nutmeg		
Shortening		

Step One: Convert pounds to grams

Flour 1lb. 13 oz 1.81 lb. X 454 grams (454 grams per pound) = 821.74 g
 Oats 1 lb 4 oz 1. 25 lb. X 454 grams = 567.50 g

Step Two: Determine the expected contribution per serving

Flour: 14.75 g
 Oats: 14.75 g, the same as flour

Step Three: Add the total grams of each grain together.

Flour 821.74 g + oats 567.5g = 1389.24 total grams

Step Four: Divide total grams by the proposed number of servings in the recipe

1389.24 ÷ 100 = 13.89 grams of grain per serving.

Step five: Divide the actual grams by the required grams per serving:

13.89 ÷ 14.75 = .9419 servings of grain

Step Six: round down to the nearest ¼ serving

.9419 becomes .75 or ¾ of a bread serving.

Weights of Commonly Used Grains (chart)

When using a recipe with smaller yields for a grain/bread, ingredients are listed in cups or portions thereof. This list provides the number of grams per cup. Use of this chart should save smaller programs from the additional mathematical step of converting recipes from cups to pounds to grams. Of course, remember to divide or multiply the number of grams to reflect the number of cups or portions of cups required in your recipe.

Food Item	Description	Weight of one cup in grams
Cereals	All Bran	61
	Bran Buds	75
	Corn Chex	29
	Corn Flakes whole	29
	Corn Flakes crushed	80
	Cheerios	28
	Rice Krispies	27
	Rice Chex	33
	Puffed rice	13
	Wheaties	32
Flour, All Purpose	unsifted, spooned	126
	sifted, spooned	116
Bread Flour	unsifted, dipped	136
	spooned	123
	sifted, spooned	117
Bread Flour, Self Rising	unsifted, dipped	130
	spooned	127
	sifted, spooned	106
Whole Wheat Flour	spooned	120
Oats, Quick Cooking	uncooked	73
	cooked	246
Wheat Germ	spooned	115

Taken from: Average Weight of a Measured Cup of Various Foods, Home Economics Research Report Number 41.

Crediting Commercial, Frozen or Canned Products

When crediting such products as chili-macs, pizzas, pot pies, sloppy joes, and raviolis toward the meat/meat alternate component, the amount of meat/meat alternate per serving in the product not the total portion size is the determining factor for crediting purposes. Because of the uncertainty of the actual amount of meat/meat alternate contained in these products, it is very strongly recommended that they not be used unless: (1) they are a CN labeled product; or; (2) the user has a Manufacturer's fact sheet (product analysis sheet) signed by an official of the manufacturer (not a sales person) that states the amount of cooked lean meat meat/alternate per portion and portion size.

Based on the USDA Meat and Poultry Product Standards for these commercial products, the user would need to serve a very large portion. For example, a 15 oz serving of canned ravioli is needed to provide the one and a half ounces of the required meat; the same amount of ravioli provides many grain/bread requirements. As a result, if these products are served, a second meat/meat alternate must be served in order to meet the required amount of meat/meat alternate.

Under USDA's inspection procedure, each product name is checked with the product's recipe before the name goes on the label to ensure that the name properly discloses what is inside the package or can. For example, products labeled "beef with gravy" must contain at least 50% cooked beef and "gravy with beef" at least 35% cooked beef. Therefore, if not noted on the CN label or the manufacturer's product analysis sheet, the following products should contain at least the noted percentage of net weight of uncooked meat per total weight.

When using these products, unless otherwise stated through CN labeling or product analysis sheets, the minimum percentage should be used as the basis for crediting calculations and portion sizes determined accordingly.

The minimum meat percentages of chili mac, meat ravioli, pizza, pot pies and sloppy joes are listed below:

(chart)

Product	Minimum Percentage of Meat Required
Chili Mac	16% per total weight of the product
Meat Ravioli	10% per total weight of the product
Pizza with meat	15% per total weight of the product
Pot Pies	25% per total weight of the product
Sloppy Joes	35% per total weight of the product when labeled with true product name "Barbecue Sauce with Beef"

Crediting Some Other Foods

Bread Pudding: The bread portion of the pudding is creditable as a supplement if there is a recipe to document that least ½ slice of bread is in each serving of the pudding.

Snack/ Party Mixes, Trail Mixes: (sometimes also called “bird seed”) These are snack food mixtures with a variety of items including such items as nuts, cereals, seeds, dried fruits etc. The menu or production record must contain an explanation of the creditable ingredients included in the mix on the menu.

Fruited Gelatin: Only the fruit or vegetable portion of a fruited gelatin will contribute toward the fruit/vegetable component if it is made with water as directed. To be creditable, each serving must include at least 1/8 cup (2 Tbsp) of fruit or vegetable.

Peanut Butter and Jelly Sandwich: When a peanut butter and jelly sandwich is served as the only meat alternate, the sandwich must contain three tablespoons of peanut butter for ages 3 to 5, to meet the minimum portion size. However, three tablespoons of peanut butter is often too much peanut butter to be consumed by a young child. We strongly suggest that a second meat/meat alternate (such as cheese cubes or ½ of a hard cooked egg) be served along with a smaller serving of the peanut butter.

Pickle Slices: Since pickles are high in sodium and low in nutrients, schools are encouraged to serve pickles as a garnish in combination with other fruits and/or vegetables.

Popcorn: Popcorn is not credited because of the low nutritive value of popcorn. Three cups of non-fat popped corn are equivalent to one slice of bread. The use of popcorn as an “other” food is also discouraged because of the potential risk of choking with preschoolers.

Quiche: Homemade quiche may be credited toward the meat/meat alternate if it contains sufficient egg, cheese or meat to meet portion size requirements. Please note that bacon is considered an “other” food and may not be credited. The crust may be credited toward meeting the grain/bread requirement.

Seasonings, Garnishes and Condiments: Condiments, garnishes and seasonings are not creditable food items. They serve as extras to enhance the acceptability of the meal. They should be included in a nutrient analysis of the meal, particularly if the school is operating under the Nutrient Standard Menu Plan.

A Word About...

SNACKS IN THE AFTER SCHOOL CARE PROGRAM

Sections 107 and 108 of Public Law 105-336, the Child Nutrition Reauthorization Act of 1998, enhance nutrition benefits for all children, with a special emphasis on older children. This Law authorizes reimbursement for snacks served to children through age 18, (and to individuals, regardless of age, who are determined by the State agency to be mentally or physically disabled), who participate in programs organized to provide after school care. The intent of these provisions is to assist schools and public and private nonprofit organizations to operate organized programs of care which include education or enrichment activities known to help reduce or prevent children's involvement in juvenile crime or other high risk behavior.

The legislative provisions became effective October 1, 1998, and apply to both NSLP and CACFP. The law establishes certain differences in operating requirements between the two programs.

In this Crediting Guide we will discuss only the NSLP requirements for meal contents. Information about eligibility, reimbursement and times of operation is available from the Regional office.

Content of Meals

Snacks served under this provision must meet the meal pattern for snacks set forth in Part 210.10 and 210.10(a). Portions for children ages 13 through 18 should be no less than the portions required for children ages 6 through 12. We recommend that schools offer larger portions for older children (ages 13 – 18) based on their greater food energy requirements.

Each snack must include at least two full(different)food components of these four:

Fluid milk

Fruit/vegetable/juice

Grain/bread

Meat/meat alternate

Juice cannot be used as the second component if milk is the only other component for the snack.

When serving two fruits/vegetables at the same meal, two forms of the same product cannot be served. For example, do not serve orange and orange juice together.

INFANT MEAL PATTERN REQUIREMENTS

Meals served to children under 12 months of age must follow the infant meal pattern published in Sections 210.10 and 210.10(a) of the National School Lunch Program regulations. The meal must contain at least the minimum amount of each item listed in the meal pattern.

Schools should work closely with parents when deciding what foods to serve infants. Likewise, the decision to introduce solid foods should be made with parents.

Because infants have small appetites and may not be able to eat a complete meal in one sitting, foods required by the infant meal pattern may be served to infants over a period of time.

Breast milk may be served in place of fluid milk. Breast milk provided by the infant's mother may be served in place of infant formula from birth through 11 months of age. However, meals containing only breast milk or formula provided by the parent do not qualify for reimbursement.

Infant formula is defined as: any iron-fortified infant formula, intended for dietary use as a sole source of food for normal, healthy infants served in liquid state at manufacturer's recommended dilution. A medical statement is required to serve any infant formula which does not meet the definition of infant formula.

For more information, contact the State agency or Regional office.

CHILD CARE AND HEADSTART UNITS IN SCHOOLS

If operating programs for pre-schoolers, be sure you know if you are receiving reimbursement from either NSLP or CACFP. The meal patterns can be different, and the requirements for food items may vary.

If your school is using the Nutrient Standard Menu Plan or Enhanced Food-based Menu Plan, it is acceptable to also provide meals for the pre-schoolers under either of these Plans.

MEALS FOR CHILDREN WITH DISABILITIES

A handicapped student is defined as any child who has a physical or mental impairment as defined in Section 15b.3 of USDA's nondiscrimination regulations.

For students considered disabled, and whose disability restricts their diet, schools must make substitutions in foods listed in the meal patterns. Schools may also make substitutions for non-handicapped students who are unable to consume the regular meal because of medical or other special dietary needs. Substitutions will be made on a case by case basis, and require a statement of need that includes recommended alternate foods. In the case of a disabled child, the statement must be signed by a physician. A recognized medical authority must sign the statement for the child who has special dietary needs.

COMPETITIVE FOODS

Competitive foods means any foods sold in competition with lunch or breakfast served to children in the food service areas during the meal periods.

Schools must establish rules to control the sale of foods in competition with meals. At the discretion of the State agency or school food authority, the sale of competitive foods may be allowed if all income from the sale of these foods goes to the school food service account, or to school or student organizations approved by the school.

Additional information is available in Section 210.11 and 220.12 of NSLP and SBP regulations, and from the Regional Office.

FOODS OF MINIMAL NUTRITIONAL VALUE (FMNV)

Foods of minimal nutritional value refer to those foods that provide less than five percent of the Reference Daily Intakes (RDI) for each of eight specified nutrients per 100 calories or per serving. They include the following categories: soda water; water ices; chewing gum; certain candies such as hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy, and candy coated popcorn. A complete list of these foods can be found in Part 210, Appendix B.

These foods cannot be sold during meal service. Schools should establish rules to prevent access by students to FMNV during the meal service.

USDA has established petitioning procedures allowing manufacturers to request an exemption for their product from this category. If the product is exempted by FNS, the product will be identified on a list of Exemptions to Foods of Minimal Nutritional Value that is published periodically by FNS (See PM 210.11 – 04). If the product is exempted, the food item will be considered as a competitive food.

LABELS AND FACT SHEETS

NUTRITION INFORMATION LABELS

NSLP participants will find the information from the Nutrition Label helpful in determining the nutrient content of meals. This is particularly important if the Nutrient Standard Menu Planning Option is being used. The Nutrition Label provides basic information, but further details may be needed from the manufacturer in order to complete a reliable nutrient analysis. For example, the daily values for fats, carbohydrates and protein listed are based on adult values, and may not represent the needs of children.

EXEMPTIONS FROM NUTRITION LABELING

Institutional foods or foods served in restaurants, school cafeterias, vending machines or institutions for immediate consumption are exempt from this mandate. A Nutrition Label does not need to be displayed for commercial products in these settings.

This exemption does not apply, however, if a nutrient content claim or health claim is made for that food. Nutrient content claims are used to describe the levels of nutrients in foods such as "low fat" or "less sodium". Health claims are statements which link a nutrient or a food to the risk of a disease or health related condition. 1) If health claims are made on the label of a product you purchase, then the label must contain the nutrition information; 2) if a health claim is made on the menu or cafeteria line (i.e., low fat) students may inquire about the recipe ingredients and be informed orally about the nutrient content.

For additional information about nutrition labeling, contact the Food and Drug Administration (FDA) at <http://www.fda.gov> or call 1-800-532-4440.

NUTRITION LABELING ON USDA COMMODITIES

In January 1997, nutrition labels were completed for the following USDA commodity canned fruits and vegetables:

Apple slices

Applesauce
Carrots
Corn, cream
Corn, kernel
Green beans
Peaches
Peas
Pineapple
Tomatoes
Tomato paste
Tomato sauce

Commodities that are delivered directly to a program site will probably bear new labels before those delivered from storage. Commodities purchased infrequently may continue to bear old labels for some time.

For additional information about USDA commodity foods, call up the Food Distribution website at www.usda.gov/fcs/commodities.

CHILD NUTRITION (CN) LABELS

The CN Label applies to both the Enhanced Food-based and Traditional Menu Planning options. This is because CN Labels show the product's contribution toward meal pattern requirements. CN Labeling does not apply to the Nutrient Standard Menu Plan because this plan does not use meal patterns as planning tools.

The CN Label:

Is a voluntary Federal labeling program for the Child Nutrition programs.

Provides a crediting/auditing warranty for CN labeled products.

Allows manufacturers to state a product's contribution to the meal pattern requirements on their labels.

How to identify a CN label:

A CN label will always contain the following information:

the CN logo, which is a distinct border.

the meal pattern contribution statement.

a six digit product identification number.

USDA/FNS authorization.

the month and year of approval.

How to apply for a CN Label:

Contact Marion Hinnners at 703/305-2575 or write to Child Nutrition Division, 3101 Park Center Drive, Alexandria, Virginia 22302

Sample Label

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This 5.00 oz. - Pizza with ground beef and
Vegetable Protein Product provides 2.00 oz.
Equivalents meat/meat meat alternate, ½ cup
serving of vegetable and 1-1/2 servings of
bread/ alternate for the Child Nutrition meal
pattern requirement. (Use of this logo and
statement authorized by the Food and
Nutrition Service, USDA 05-84)

MANUFACTURER'S FACT SHEET OR PRODUCT FACT SHEET

1. A manufacturer's fact sheet, product fact sheet or product analysis sheet consists of statements prepared and certified by a manufacturer of a prepared product declaring appropriate ingredient and crediting information. If a company provides a product analysis sheet, a School Food Authority (SFA) may wish to use the product to meet USDA meal pattern requirements. However, USDA does not monitor product analyses for compliance with the product formulation or accuracy of the declared contribution toward CN meal pattern requirements.

The product analysis does not carry a USDA warranty and should State or Federal reviewers find that the product did not actually meet meal pattern requirements, an audit exception can be taken. Signed product analysis sheets could provide the SFA legal recourse with the company should the product contribution be challenged or found to be in error.

2. CN directors should not let their desire to offer children a commercially prepared product outweigh their need to obtain proper documentation for the product. If vendors understand that the program will not purchase a product without proper documentation, they will generally make every effort to provide sufficient information.

3. Schools should be careful not to mistake vendor advertising literature for a product analysis. Advertising literature provided by a company may contain valuable information but it may not be used to support the contribution that a product makes toward the CN meal pattern.

4. A product analysis must satisfy the following requirements:

Be on the company's letterhead.

Provide the product name, as written on the label, and provide other identifying information, such as product code number, portion size/weight, pack and case weight.

Contain a crediting statement; i.e., a declaration of the contribution of one portion of the cooked product toward meeting USDA meal pattern requirements (this may be combined with the certification statement).

Contain a certification statement (for example, the certification/crediting statement may read, "I certify that the above information is true and correct, and that a 3.25 ounce serving of the above product (ready for serving) contains 2 ounces of cooked lean meat/meat alternate when prepared according to product directions.")

Provide sufficient information for purchaser to determine the reasonableness of the crediting statement.

Be signed by a legally authorized representative of the company.

5. SFA/school responsibilities:

Prior to purchase, carefully review the product analysis to determine the reasonableness of information provided by the manufacturer. There is no easy way to verify the accuracy of information on a product analysis sheet.

Ensure that proper documentation is maintained on each prepared product used to meet USDA meal pattern requirements.

Assure that the product received meets specifications and has the correct code number (provide site managers with appropriate information; e.g., copy of label, dates product will be used).

Provide site managers with serving sizes/crediting information.

INSPECTION OF PRODUCTS CONTAINING MEAT OR POULTRY

The Food Safety and Inspection Service (FSIS) is the public health agency in the USDA responsible for ensuring that the nation's commercial supply of meat, poultry and egg products is safe, wholesome and correctly labeled and packaged. FSIS has authority over all products containing more than 3 percent fresh meat or at least 2 percent cooked poultry.

*** Under Food Safety and Inspection Service (FSIS) regulation, if a school food authority (SFA) purchases meat products which were inspected at the supplier/processing plant, and which undergo additional processing at a restaurant, meat inspection would also be required at the restaurant.**

There are several exceptions to the meat inspection requirement, which allow restaurants to sell meat products for re-sale without meat inspection:

Under one of these exceptions, meat inspection is not required for a restaurant that prepares meat or meat food products that are ready to eat when they leave the facility, and are served to customers at restaurants (or through vending machines), and are owned and operated by the same person that owns or operates the facility. Thus, if a SFA enters into a licensing agreement with a restaurant, meat inspection is not required at the restaurant.

Under another exception, caterers delivering or serving foods directly to individual consumers are not required to have meat inspection. However, catering arrangements may not be consistent with NSLP requirements.

*** Inspection of Fresh Meat/Poultry Tacos Purchased from Restaurants for Sale in the National School Lunch Program**

Guidance was received from our Washington office on the question of whether fresh, ready to eat meat/poultry tacos purchased from restaurants for sale in the nonprofit school food service are subject to the inspection requirements of the Federal Meat Inspection Act and the Poultry Products Inspection Act, as administered by the Food Safety and Inspection Service (FSIS). The position of FSIS on this issue is as follows:

"Sandwiches have long been viewed by the Food Safety and Inspection Service as not being traditional products of the meat industry, and are, therefore, exempt from Federal inspection.

Tacos are considered a product of the meat food industry and are not covered under the exemptions applicable to sandwiches. Tacos purchased by a school food authority for sale in school cafeterias are required to be inspected".

For additional information about meat product inspection and safety, contact FSIS at <http://www.fsis.usda.gov> or call 1-800-535-4555.

